



Caribbean Chicken Tacos

with Tomato-Corn Salsa & Garlic Aioli

KID FRIENDLY

Grab your meal kit with this number

14



Sweetcorn



Chicken Breast



Mild Caribbean Jerk Seasoning



Carrot



Cherry Tomatoes



Coriander



Mini Flour Tortillas



Mixed Salad Leaves



Garlic Aioli



Shredded Cheddar Cheese



Sour Cream

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Smart

Protein Rich

Eat Me Early

You told us you loved Caribbean jerk chicken and we listened! We're giving it a spin in tasty tacos with a tangy tomato and corn salsa and crunchy salad to bring the meal together.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweetcorn	1 medium tin	1 large tin
chicken breast	1 medium packet	2 medium packets OR 1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
carrot	1	2
cherry tomatoes	½ large packet	1 large packet
coriander	1 packet	1 packet
mini flour tortillas	6	12
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	1 tsp	2 tsp
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2621kJ (626cal)	235kJ (56cal)
Protein (g)	48.1g	4.3g
Fat, total (g)	22.1g	2g
- saturated (g)	5.7g	0.5g
Carbohydrate (g)	55.1g	4.9g
- sugars (g)	13.6g	1.2g
Sodium (mg)	1557mg	139.4mg
Dietary Fibre (g)	12.2g	1.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Drain **sweetcorn**.
- Cut **chicken breast** into 2cm chunks.
- In a medium bowl, combine **mild Caribbean jerk seasoning**, a pinch of **salt** and a drizzle of **olive oil**. Add **chicken**, toss to coat and set aside.



Cook the chicken

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken**, tossing, until browned and cooked through, **5-6 minutes**.
- Meanwhile, microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

TIP: Chicken is cooked through when it's no longer pink inside.

2



Make the corn salsa

- Heat a large frying pan over high heat. Cook **corn** until lightly browned, **4-5 minutes**. Transfer to a large bowl.
- Meanwhile, grate **carrot**. Halve **cherry tomatoes** (see ingredients). Roughly chop **coriander**.
- To the charred corn, add **coriander** and **tomato**. Drizzle with **olive oil** and season with **salt** and **pepper**.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Serve up

- In a second medium bowl, combine **mixed salad leaves**, carrot and a drizzle of the **white wine vinegar** and olive oil. Season to taste.
- Top tortillas with carrot salad, Caribbean chicken and tomato-corn salsa.
- Drizzle over **garlic aioli** to serve. Enjoy!

Little cooks: Take the lead and help build the tacos!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



CUSTOM OPTIONS

+ **ADD CHEDDAR CHEESE**
Sprinkle over before serving.

+ **ADD SOUR CREAM**
Dollop on before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

