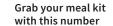


Easy Peasy BBQ Chicken Bites & Avo Tacos with Charred Corn & Sour Cream

KID'S KITCHEN















Sweetcorn



Chicken Breast



All-American

Spice Blend





Mini Flour Tortillas



Sour Cream







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

Eat Me Early



It's all hands on deck, this recipe is designed to be cooked by grown-ups and kids together! Welcome to the American South, where the barbecue is famous and plentiful! Try this succulent, tangy chicken to see what all the hype is about. Enjoy with a good dollop of sour cream packed in to warm tacos for a Tex-Mex twist on the all-American fare.

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
tomato	1	2
baby leaves	1 small packet	1 medium packet
avocado	1 (small)	1 (large)
sweetcorn	½ large tin	1 large tin
chicken breast	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
water*	1/4 cup	½ cup
BBQ sauce	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mini flour tortillas	6	12
sour cream	1 packet	2 packets

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3125kJ (746Cal)	640kJ (152Cal)
Protein (g)	51.1g	10.5g
Fat, total (g)	32.9g	6.7g
- saturated (g)	12.1g	2.5g
Carbohydrate (g)	60.5g	12.4g
- sugars (g)	19.6g	4g
Sodium (mg)	1568mg	321mg
Dietary Fibre (g)	12.3g	2.5g

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

- Finely chop tomato and baby leaves.
- Slice avocado in half, scoop out flesh and finely chop.
- Drain sweetcorn (see ingredients).
- Cut chicken breast into 2cm chunks.

Little cooks: Help prep the avo!



Make the salsa

- In a medium bowl, add tomato, avocado, baby leaves and a drizzle of white wine vinegar and olive oil. Season with salt and pepper and toss to combine. Set aside.
- Microwave mini flour tortillas on a plate in 10 second bursts, until warmed through.

Little cooks: Take the lead by tossing the salsa!



Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over high heat. When oil is
 hot, cook chicken and corn, tossing occasionally, until browned and cooked
 through, 5-6 minutes.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat!
 Reduce heat to medium-high, then add All-American spice blend and cook until fragrant, 1 minute.
- Add the water and BBQ sauce and cook until slightly reduced, 1-2 minutes.

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



Finish & serve

- Build tacos by filling with BBQ chicken bites, charred corn and avo salsa.
- Serve with a dollop of **sour cream**. Enjoy!



