



# Easy Peasy BBQ Chicken Bites & Avo Tacos

with Charred Corn & Sour Cream

KID'S KITCHEN

Grab your meal kit with this number

42



Tomato



Baby Leaves



Avocado



Sweetcorn



Chicken Breast



All-American Spice Blend



BBQ Sauce



Mini Flour Tortillas



Sour Cream



Peeled Prawns



Chicken Breast

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



Protein Rich



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
<b>olive oil*</b>	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
<b>water*</b>	¼ cup	½ cup
BBQ sauce	1 medium packet	1 large packet
<b>white wine vinegar*</b>	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](https://www.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!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



### CUSTOM OPTIONS

#### ↻ SWAP TO PEELED PRAWNS

Cook, tossing, until pink and starting to curl up, 3-4 minutes.

#### + DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.

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

