

# Southern Crumbed Chicken Tacos

with Charred Corn Slaw & Garlic Aioli

Grab your Meal Kit  
with this symbol



Baby Spinach  
Leaves



Sweetcorn



Chicken Breast



Sweet Mustard  
Spice Blend



Panko Breadcrumbs



Slaw Mix



Garlic Aioli



Mini Flour  
Tortillas



Coriander

 Hands-on: **35-45 mins**  
Ready in: **35-45 mins**

 Eat Me Early

Crispy crumbed chicken, creamy slaw and charred corn in a taco – we promise, this combo is love at first bite!  
And second bite, and third bite...

## Pantry items

Olive Oil, Egg, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby spinach leaves	1 bag (30g)	1 bag (60g)
sweetcorn	½ tin	1 tin
chicken breast	1 packet	1 packet
salt*	¼ tsp	½ tsp
sweet mustard spice blend	1 sachet	1 sachet
egg*	1	2
panko breadcrumbs	1 packet	1 packet
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	1 tsp	2 tsp
garlic aioli	1 packet (50g)	1 packet (100g)
mini flour tortillas	8	16
coriander	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3871kJ (925Cal)	726kJ (174Cal)
Protein (g)	50.8g	9.5g
Fat, total (g)	39.8g	7.5g
- saturated (g)	10g	1.9g
Carbohydrate (g)	76.9g	14.4g
- sugars (g)	11.8g	2.2g
Sodium (mg)	1672mg	313mg

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

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

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## Get prepped

Roughly chop the **baby spinach leaves**. Drain the **sweetcorn** (see ingredients). Cut the **chicken breast** into 2cm strips.



## Cook the chicken

Return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the crumbed **chicken**, in batches, until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel, then season.

**TIP:** Add more oil between batches if needed.



## Char the corn

Heat a large frying pan over a high heat. Cook the **sweetcorn**, tossing, until lightly charred, **4-5 minutes**. Transfer to a large bowl.

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



## Make the slaw

While the chicken is cooking, add the **slaw mix**, **baby spinach**, **white wine vinegar** and 1/2 the **garlic aioli** to the charred **corn**. Season, then toss to coat. Microwave the **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.



## Crumb the chicken

In a shallow bowl, combine the **salt** and **sweet mustard spice blend**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken strips** into the **spice blend**, followed by the **egg**, and finally into the **panko breadcrumbs**. Transfer to a plate.



## Serve up

Spread a layer of the remaining garlic aioli over the tortillas. Top with the charred corn slaw and crumbed chicken strips. Sprinkle with torn **coriander** to serve.

Enjoy!