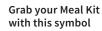


Quick Glazed-Caribbean Chicken Tacos

with Creamy Slaw, Sweetcorn Salsa & Peanuts

KID FRIENDLY







Sweetcorn

Cansicum



Mayonnaise





Mini Flour Tortillas

Crushed Peanuts



Diced Chicken

Shredded Cabbage Mix



 $\overline{\Pi}$ **Recipe Update**

conditions across New Zealand have impacted ingredients and as such, what you receive may be pictured. Don't worry, your recipe will be just as delicious!



The recent weather our regular supply of fresh slightly different to what's

Prep in: 20-30 mins Ready in: 20-30 mins

11 Eat Me Early

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Go crazy and add a sprinkling of peanuts to enjoy these warmer nights.

A summer time fave, is being whipped up tonight. Chicken tacos that are glazed and topped with a bursting sweetcorn salsa.

Pantry items

Olive Oil, Honey, Butter, White Wine Vinegar

K4

Before you start

wash your hands and any fresh food

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

J		
	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
sweetcorn	1 tin	1 tin
diced chicken	1 packet	1 packet
mild Caribbean jerk seasoning	1 sachet	1 sachet
honey*	1 tsp	2 tsp
butter*	20g	40g
white wine vinegar*	drizzle	drizzle
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
mini flour tortillas	6	12
crushed peanuts	1 packet	2 packets
plant-based crumbed chicken tenders**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3282kJ (784Cal)	746kJ (178Cal)
Protein (g)	47.4g	10.8g
Fat, total (g)	41g	9.3g
- saturated (g)	13.7g	3.1g
Carbohydrate (g)	51.3g	11.7g
- sugars (g)	14.1g	3.2g
Sodium (mg)	1404mg	319mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4620kJ (1104Cal)	1050kJ (251Cal)
Protein (g)	36.4g	8.3g
Fat, total (g)	70.4g	16g
- saturated (g)	17g	3.9g
Carbohydrate (g)	76.2g	17.3g
- sugars (g)	15.6g	3.5g
Sodium (mg)	2196mg	499mg

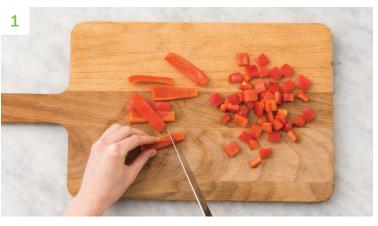
The quantities provided above are averages only.

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.

We're here to help! Scan here if you have any questions or concerns 2023 | CW10





Get prepped

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• Cut **capsicum** into bite-sized chunks. Drain the **sweetcorn**.



Make the salsa & slaw

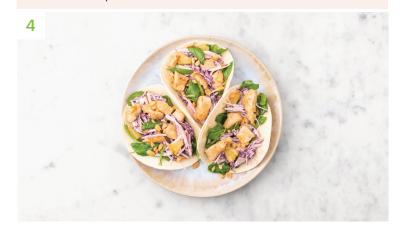
- Meanwhile, to the bowl with charred corn, add a drizzle of white wine vinegar and olive oil. Season to taste and set aside.
- In a large bowl, combine **shredded cabbage mix**, **mayonnaise** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste and toss to combine.
- Microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.



Cook the corn & chicken

- Heat a large frying pan over high heat. Cook sweetcorn until lightly charred,
 2-3 minutes. Transfer to a medium bowl.
- Return the frying pan to high heat with a drizzle of olive oil. When oil is hot, cook diced chicken and capsicum, tossing occasionally, until browned and cooked through, 5-6 minutes.
- Reduce heat to medium, then add **mild Caribbean jerk seasoning**, tossing **chicken** to coat. Add the **honey** and **butter** and stir, until melted and combined, **1-2 minutes**.

Custom Recipe: If you've swapped to plant-based crumbed chicken tenders, after charring the corn, reheat pan as above. Cook tenders with capsicum until golden and heated through, 6-7 minutes on each side. Continue with step.



Serve up

- Top tortillas with creamy slaw, glazed-Caribbean chicken and sweetcorn salsa.
- Sprinkle over crushed peanuts to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the peanuts!

Rate your recipe Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate