


# Quick Glazed-Caribbean Chicken Tacos

with Creamy Slaw, Sweetcorn Salsa & Peanuts

KID FRIENDLY

Grab your Meal Kit with this symbol 



Capsicum



Sweetcorn



Mild Caribbean Jerk Seasoning



Mayonnaise



Mini Flour Tortillas



Crushed Peanuts



Diced Chicken



Shredded Cabbage Mix



Plant-Based Crumbed Chicken Tenders

## Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

 Eat Me Early

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

A summer time fave, is being whipped up tonight. Chicken tacos that are glazed and topped with a bursting sweetcorn salsa. Go crazy and add a sprinkling of peanuts to enjoy these warmer nights.

### Pantry items

Olive Oil, Honey, Butter, White Wine Vinegar

## 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

	2 People	4 People
<b>olive oil*</b>	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
<b>honey*</b>	1 tsp	2 tsp
<b>butter*</b>	20g	40g
<b>white wine vinegar*</b>	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](https://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



## Get prepped

- 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](https://hellofresh.co.nz/rate)