



Jamaican Jerk Chicken Tacos

with Coconut Sweet Chilli Mayo



Grab your Meal Kit with this symbol



Chicken Breast



Mild Caribbean Jerk Seasoning



Sweetcorn



Red Onion



Carrot



Coriander



Cos Lettuce



Mini Flour Tortillas



Coconut Sweet Chilli Mayonnaise

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Eat me early

You told us you loved Jamaican jerk chicken, and we listened! We're giving it a spin in tasty tacos with a tangy corn salsa and crunchy lettuce to bring the meal together.

Pantry items

Olive Oil, 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
chicken breast	1 packet	1 packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
sweetcorn	½ tin	1 tin
red onion	¼	½
carrot	1	2
coriander	1 bunch	1 bunch
cos lettuce	½ head	1 head
white wine vinegar*	1 tsp	2 tsp
mini flour tortillas	8	16
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3810kJ (911Cal)	680kJ (162Cal)
Protein (g)	49.7g	8.9g
Fat, total (g)	40.8g	7.3g
- saturated (g)	6.1g	1.1g
Carbohydrate (g)	80.5g	14.4g
- sugars (g)	13.2g	2.4g
Sodium (g)	1770mg	315mg

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.



1. Flavour the chicken

Cut the **chicken breast** into 1cm strips. In a medium bowl, combine the **mild Caribbean jerk seasoning**, the **salt** and a **drizzle of olive oil**. Add the **chicken**, toss to coat and set aside.



2. Get prepped

Drain the **sweetcorn** (see ingredients list). Finely chop the **red onion** (see ingredients list). Grate the **carrot** (unpeeled). Roughly chop the **coriander**. Shred the **cos lettuce** (see ingredients list).



3. Make the corn salsa

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **sweetcorn** and cook, tossing occasionally, until lightly charred, **4-5 minutes**. Transfer to a medium bowl. Add the **carrot**, **coriander**, **onion** and **white wine vinegar** to the bowl with the charred **corn**. Season with **salt** and **pepper** and **drizzle with olive oil**. Mix well and set aside.

TIP: Add as much or as little red onion as you like depending on taste.

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



4. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **chicken** and cook, tossing, until browned and cooked through, **5-6 minutes**.

TIP: The spice blend will char a little while cooking, this adds to the flavour!

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



5. Heat the tortillas

While the chicken is cooking, heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, until warmed.



6. Serve up

Bring everything to the table to serve. Fill the tortillas with some cos lettuce, jerk chicken strips, a dollop of **coconut sweet chilli mayonnaise** and some charred corn salsa.

Enjoy!