

Quick Mexican Chicken & Corn Bowl

with BBQ Sauce & Corn Chips

Grab your Meal Kit with this symbol



Baby Spinach Leaves



Cucumber



Sweetcorn



Mexican Fiesta Spice Blend



Tomato Paste



BBQ Sauce



Mayonnaise



Corn Chips



Diced Chicken



Slaw Mix

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. 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



Carb Smart



Eat Me Early

This diced chicken is so tender, and with a mildly-spiced tomato sauce, plus creamy mayonnaise, this meal is a feast of colourful and delicious Mexican flavours. Eat up!

Pantry items

Olive Oil, Butter, 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 small bag	1 medium bag
cucumber	1 (medium)	1 (large)
sweetcorn	½ tin	1 tin
diced chicken	1 packet	1 packet
Mexican Fiesta spice blend 🌶️	1 sachet	1 sachet
tomato paste	1 packet	2 packets
BBQ sauce	1 packet (40g)	1 packet (80g)
butter*	20g	40g
water*	¼ cup	½ cup
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
corn chips	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2510kJ (599Cal)	530kJ (126Cal)
Protein (g)	35g	7.4g
Fat, total (g)	35.5g	7.5g
- saturated (g)	9.3g	2g
Carbohydrate (g)	40.7g	8.6g
- sugars (g)	17.6g	3.7g
Sodium (mg)	1574mg	333mg
Dietary Fibre (g)	9.5g	2g

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.



Get prepped

- Roughly chop **baby spinach leaves** and **cucumber**. Drain **sweetcorn** (see ingredients).
- Heat a large frying pan over high heat. Cook **sweetcorn** until lightly browned, **4-5 minutes**. Transfer to a bowl.

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



Toss the slaw

- Meanwhile, combine **cucumber**, **baby spinach**, **slaw mix**, **mayonnaise** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season to taste.



Cook the saucy chicken

- **SPICY!** You may find the spice blend hot! Add less if you're sensitive to heat.
- Heat a large frying pan over high heat with a drizzle of **olive oil**. When oil is hot, cook **diced chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**.
- Return **charred corn** to the pan. Add **Mexican Fiesta spice blend** and **tomato paste** and cook until fragrant, **1 minute**.
- Reduce heat to medium, then add **BBQ sauce**, the **butter** and **water**. Simmer, until slightly thickened, **1-2 minutes**. Season to taste.



Serve up

- Divide creamy spinach slaw between bowls.
- Top with Mexican chicken.
- Serve with **corn chips**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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