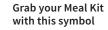


Quick Mexican Chicken & Corn Bowl with BBQ Sauce & Corn Chips









Baby Spinach Leaves



Cucumber







Sweetcorn

Mexican Fiesta Spice Blend





Tomato Paste

BBQ Sauce





Mayonnaise





Diced Chicken

Slaw Mix

Pantry items

Olive Oil, Butter, White Wine Vinegar

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



Carb Smart

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!

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

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	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*	1/4 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!

