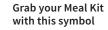


Quick Crumbed Mexican Chicken Tacos with Garlic Aioli, Sour Cream & Cheddar Cheese

HALL OF FAME

KID FRIENDLY

CLIMATE SUPERSTAR









Lettuce





Sweetcorn



Chicken Breast

Spice Blend





Mini Flour Panko Breadcrumbs





Garlic Aioli



Light Sour Cream

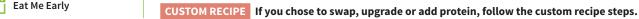


Cheddar Cheese





Some popping and finger-licking good times are ahead of you, once this one gets plated up. With a Mexican-spiced twist on your chicken, you'll be sure to finish every little bit of this one!



Pantry items

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
olive oil*	refer to method	refer to method
baby cos lettuce	½ head	1 head
tomato	1	2
sweetcorn	1 medium tin	1 large tin
lime	1/2	1
chicken breast	1 medium packet	2 medium packets OR 1 large packet
Tex-Mex spice blend	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
mini flour tortillas	6	12
garlic aioli	1 medium packet	1 large packet
light sour cream	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet
pork schnitzels**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3747kJ (896Cal)	672kJ (161Cal)
Protein (g)	59.5g	10.7g
Fat, total (g)	38.8g	7g
- saturated (g)	12.9g	2.3g
Carbohydrate (g)	72.4g	13g
- sugars (g)	13.2g	2.4g
Sodium (mg)	1463mg	262mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3638kJ (870Cal)	683kJ (163Cal)
Protein (g)	52.3g	9.8g
Fat, total (g)	38.3g	7.2g
- saturated (g)	12.8g	2.4g
Carbohydrate (g)	74.1g	13.9g
- sugars (g)	13.5g	2.5g
Sodium (mg)	1782mg	335mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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

- · Shred baby cos lettuce (see ingredients).
- Finely chop tomato.
- Drain sweetcorn.
- · Slice lime into wedges.
- Place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.



Cook the chicken

- Return frying pan to medium-high heat with enough olive oil to coat the base. Add chicken and cook until golden (when no longer pink inside), 3-5 minutes each side. Transfer to a paper towel-lined plate to rest.
- Microwave mini flour tortillas on a plate in the microwave for 10-second bursts, until warmed through.

TIP: If your pan is getting crowded, cook in batches for the best results!

Custom Recipe: In a large frying pan, heat enough olive oil to coat the base over high heat. Cook pork schnitzel in batches until golden and cooked through, 1-2 minutes each side. Transfer to a paper towel-lined plate.

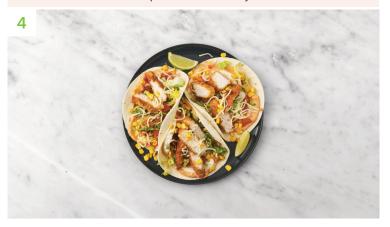


Crumb the chicken

- To a shallow bowl, add Tex-Mex spice blend. In a second shallow bowl, whisk the egg. In a third shallow bowl, place panko breadcrumbs.
- Dip chicken in the spice blend, followed by the egg and finally in the panko breadcrumbs. Transfer to a plate.
- Heat a large frying pan over high heat. Add corn kernels and cook until lightly browned, 4-5 minutes. Set aside in a medium bowl.

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

Custom Recipe: If you've swapped to pork schnitzel, prepare crumbing mixture as above and crumb pork in the same way as the chicken.



Serve up

- · Slice chicken.
- Bring everything to the table. Fill your tortillas with a helping of garlic aioli, light sour cream, cos lettuce, tomato, crumbed chicken slices and Cheddar cheese and top with the charred corn.
- · Squeeze over lime to serve. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

