

# **Tex-Mex Chicken Tacos**

with Charred Corn Slaw & BBQ Mayo







Chicken Thigh

**Brown Onion** 



Lemon



**Greek Yoghurt** 

Slaw Mix



Tex-Mex Spice Blend

Mini Flour Tortillas





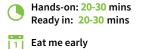
Coriander

**Pantry items** 

Olive Oil

BBQ Mayo





The ultimate in one-handed food, these tacos, loaded with classic American flavours, are best enjoyed sans cutlery. Just add some charred corn slaw and BBQ mayo for added flavour and texture!

## 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
corn	1 cob	2 cobs
brown onion	1/2	1
lemon	1/2	1
chicken thigh	1 small packet	1 large packet
Greek yoghurt	<b>1 packet</b> (100g)	<b>1 packet</b> (200g)
slaw mix	<b>1 bag</b> (150g)	<b>1 bag</b> (300g)
Tex-Mex spice blend	1 sachet	2 sachets
mini flour tortillas	6	12
coriander	1 bag	1 bag
BBQ Mayo	1 packet (50g)	<b>1 packet</b> (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3298kJ (788Cal)	606kJ (144Cal)
Protein (g)	46.2g	8.5g
Fat, total (g)	35.6g	6.5g
- saturated (g)	6.9g	1.3g
Carbohydrate (g)	63.8g	11.7g
- sugars (g)	20.7g	3.8g
Sodium (mg)	1216mg	224mg

### 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.



#### Get prepped

Slice the kernels off the **corn** cob. Thinly slice the **brown onion** (see ingredients). Cut the **lemon** (see ingredients) into wedges. Cut the **chicken thigh** into 2cm chunks.



#### Char the corn

Heat a large frying pan over a high heat. When the oil is hot, add the **corn** and cook, tossing, until golden and lightly charred, **5 minutes**. Transfer to a medium bowl.

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



## Make the corn slaw

Add the **Greek yoghurt** and a generous squeeze of **lemon juice** to the **corn**. Season with **salt** and **pepper**. Add the **slaw mix** and toss to coat.



#### Cook the chicken

In a medium bowl, combine the **Tex-Mex spice blend** and a drizzle of **olive oil**. Add the **chicken** and toss to coat. Return the frying pan to a medium-high heat with a small drizzle of **olive oil**. When the oil is hot, cook the **chicken** and **onion**, tossing, until browned and cooked through, **4-5 minutes**.

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



### Heat the tortillas

Heat the **mini flour tortillas** in a sandwich press or on a plate in the microwave for **10 second bursts**, until warmed through.



## Serve up

Roughly chop the **coriander**. Bring everything to the table to serve. Build your tacos by spreading with **BBQ mayo**, then filling with a helping of corn slaw, spiced chicken, onion and coriander. Serve with the remaining lemon wedges.

Enjoy!

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