



Tex-Mex Chicken Tacos

with Charred Corn Slaw & BBQ Mayo

Grab your Meal Kit with this symbol



Corn



Brown Onion



Lemon



Chicken Thigh



Greek Yoghurt



Slaw Mix



Tex-Mex Spice Blend



Mini Flour Tortillas



Coriander



BBQ Mayo

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

Eat me early

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!

Pantry items

Olive Oil

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	½	1
lemon	½	1
chicken thigh	1 small packet	1 large packet
Greek yoghurt	1 packet (100g)	1 packet (200g)
slaw mix	1 bag (150g)	1 bag (300g)
Tex-Mex spice blend	1 sachet	2 sachets
mini flour tortillas	6	12
coriander	1 bag	1 bag
BBQ Mayo	1 packet (50g)	1 packet (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!