



# Crispy Chicken Tender Tacos

with Charred Corn Slaw & Garlic Aioli

Grab your Meal Kit with this symbol



Snow Peas



Sweetcorn



Southeast Asian Spice Blend



Panko Breadcrumbs



Chicken Tenderloin



Slaw Mix



Garlic Aioli



Mini Flour Tortillas

Hands-on: **25-35 mins**  
Ready in: **25-35 mins**

Eat me early

Crispy crumbed chicken, creamy slaw and charred corn in a taco – we promise, this combo is love at first bite! And second bite, and third bite...

### Pantry items

Olive Oil, Egg, 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 |
| snow peas                   | 1 bag (100g)    | 1 bag (200g)    |
| sweetcorn                   | 1 tin (125g)    | 1 tin (300g)    |
| salt*                       | 1 tsp           | 2 tsp           |
| Southeast Asian Spice Blend | 1 sachet        | 2 sachets       |
| egg*                        | 1               | 2               |
| panko breadcrumbs           | 1 packet        | 2 packets       |
| chicken tenderloin          | 1 small packet  | 1 large packet  |
| slaw mix                    | 1 bag (150g)    | 1 bag (300g)    |
| garlic aioli                | 1 packet (50g)  | 1 packet (100g) |
| white wine vinegar*         | 1 tsp           | 2 tsp           |
| mini flour tortillas        | 6               | 12              |

\*Pantry Items

### Nutrition

|                  | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3750kJ (896Cal) | 688kJ (164Cal) |
| Protein (g)      | 58.2g           | 10.7g          |
| Fat, total (g)   | 38.5g           | 7.1g           |
| - saturated (g)  | 5g              | 0.9g           |
| Carbohydrate (g) | 72.8g           | 13.4g          |
| - sugars (g)     | 11.2g           | 2.1g           |
| Sodium (mg)      | 1966mg          | 361mg          |

### Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Get prepped

Trim the **snow peas**, then thinly slice lengthways. Drain the **sweetcorn**.



## 2. Char the corn

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing occasionally, until lightly charred, **4-5 minutes**. Transfer to a large bowl.

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



## 3. Crumb the chicken

In a shallow bowl, combine the **salt**, **Southeast Asian spice blend** and a **good pinch** of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken tenderloin** into the **spice blend**, followed by the **egg** and then into the **panko breadcrumbs**. Set aside on a plate.



## 4. Cook the chicken

Return the frying pan to a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add the **crumbed chicken** and fry until golden on the outside and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel and season with a **pinch** of **salt** and **pepper**.

**TIP:** If your pan is getting crowded, cook in batches for the best results, adding more oil as needed.



## 5. Prepare the slaw & tortillas

While the chicken is cooking, add the **slaw mix**, **1/2** the **garlic aioli**, the **white wine vinegar**, and a **pinch** of **salt** and **pepper** to the bowl with the **charred corn**. Toss to coat. Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.



## 6. Serve up

Take everything to the table to serve. Build your tacos by spreading some of the remaining garlic aioli over a tortilla. Top with the charred corn slaw, snow peas and a crispy chicken tender.

**Enjoy!**