



Jamaican Chicken Tacos

with Charred Corn Salsa & Garlic Aioli

Grab your Meal Kit with this symbol



Garlic



Chicken Tenderloin



Mild Caribbean Jerk Seasoning



Sweetcorn



Tomato



Cucumber



Coriander



Cos Lettuce



Mini Flour Tortillas



Garlic Aioli

Hands-on: 25 mins
Ready in: 30 mins

Eat me early

You told us you loved Jamaican jerk chicken, and we listened! We're giving it a spin in tasty tacos with a tangy corn salsa and crunchy lettuce to bring the meal together.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

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

	4 People
olive oil*	refer to method
garlic	3 cloves
chicken tenderloin	1 packet
mild Caribbean jerk seasoning	2 sachets
salt*	½ tsp
sweetcorn	1 tin (300g)
tomato	2
cucumber	1
coriander	1 bag
cos lettuce	1 head
vinegar* (white wine or rice wine)	2 tsp
mini flour tortillas	12
garlic aioli	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3068kJ (733Cal)	596kJ (143Cal)
Protein (g)	50.8g	9.9g
Fat, total (g)	32.7g	6.4g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	53.1g	10.3g
- sugars (g)	10.6g	2.1g
Sodium (mg)	1606mg	312mg

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. Flavour the chicken

Finely chop the **garlic** (or use a garlic press). Chop the **chicken tenderloin** into 2cm pieces. In a medium bowl, combine the **garlic**, **mild Caribbean jerk seasoning** and a **drizzle** of **olive oil**. Add the **salt** and season with a **pinch** of **pepper**. Add the **chicken** and toss to coat. Set aside.



2. Prep the veggies

Drain the **sweetcorn**. Finely chop the **tomato** and **cucumber**. Roughly chop the **coriander**. Shred the **cos lettuce**.



3. Make the corn salsa

Heat a large frying pan over a high heat. Once hot, add the **sweetcorn** and cook until lightly browned, **4-5 minutes**. In a medium bowl, combine the charred **corn**, **tomato**, **cucumber**, **coriander** and **vinegar**. **Drizzle** with **olive oil** and season to taste with **salt** and **pepper**. Stir to combine.

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



4. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook until browned and cooked through, **5-6 minutes**.

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



5. Heat the tortillas

While the **chicken** is cooking, heat the **mini flour tortillas** on a plate in the microwave or in a sandwich press in **10 second** bursts, or until warmed through.



6. Serve up

Take everything to the table. Build your tacos by spreading a layer of the **garlic aioli** over the base. Top with the cos lettuce, the Jamaican chicken and charred corn salsa.

Enjoy!