

Quick Caribbean-Spiced Chicken Tacos

with Pineapple & Corn Salsa

Grab your Meal Kit with this symbol



Garlic



Pineapple Slices



Sweetcorn



Mild Caribbean Jerk Seasoning



Mini Flour Tortillas



Chicken Tenderloins



Deluxe Salad Mix



Garlic Aioli

Prep in: 25-35 mins
Ready in: 25-35 mins

 Eat Me Early

We're bringing the flavours of the Caribbean to taco night. For the quintessential experience, team the jerk seasoned chicken with a cheerful pineapple-corn salsa - which boasts crunch, juiciness, sweetness *and* tang.

Pantry items

Olive Oil, Vinegar (White Wine Or Balsamic)

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
garlic	1 clove	2 cloves
pineapple slices	½ tin	1 tin
sweetcorn	1 tin (125g)	1 tin (300g)
chicken tenderloins	1 small packet	1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
salt*	¼ tsp	½ tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
mini flour tortillas	6	12
deluxe salad mix	1 medium bag	1 large bag
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2937kJ (702Cal)	612kJ (146Cal)
Protein (g)	47.5g	9.9g
Fat, total (g)	28.3g	5.9g
- saturated (g)	4.1g	0.9g
Carbohydrate (g)	59.2g	12.3g
- sugars (g)	16.7g	3.5g
Sodium (mg)	1574mg	328mg

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

2022 | CW25



1



Get prepped

- Finely chop **garlic**. Reserve some juice from **pineapple slices** (2 tsp for 2 people / 1 tbs for 4 people), then drain **pineapple**. Drain the **sweetcorn**.
- Slice **chicken tenderloins**, lengthways, into 2cm-thick strips.
- In a medium bowl, combine **garlic**, **mild Caribbean jerk seasoning**, the **salt** and a drizzle of **olive oil**. Season with **pepper**. Add **chicken**, tossing to coat.

Little cooks: Help combine the ingredients for the marinade, and toss the chicken in the marinade to coat!

3



Cook the chicken & heat the tortillas

- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **chicken** until browned and cooked through, **3-4 minutes** each side.
- When chicken is ready, microwave **mini flour tortillas** on a plate in **10 second** bursts until warmed through.

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

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

2



Make the salsa

- Heat a large frying pan over high heat. Cook **pineapple** and **corn**, tossing, until browned, **3 minutes**.
- Transfer charred **pineapple** to a chopping board, then roughly chop.
- In a second medium bowl, combine **pineapple**, **corn**, reserved **pineapple juice** and a drizzle of **vinegar**. Season to taste.

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

4



Serve up

- Fill tortillas with **deluxe salad mix**, Caribbean-spiced chicken and pineapple and corn salsa.
- Drizzle with **garlic aioli** to serve. Enjoy!

Little cooks: Take the lead and help build the tacos!

Rate your recipe

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