

# Quick Caribbean-Spiced Chicken Tacos

with Pineapple & Corn Salsa

KID FRIENDLY

Grab your Meal Kit with this symbol



Pineapple Slices



Sweetcorn



Mini Flour Tortillas



Mild Caribbean Jerk Seasoning



Chicken Breast



Deluxe Salad Mix



Garlic Aioli



Plant-Based Crumbed Chicken

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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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
<b>olive oil*</b>	refer to method	refer to method
pineapple slices	½ tin	1 tin
sweetcorn	1 medium tin	1 large tin
chicken breast	1 small packet	1 large packet
mild Caribbean jerk seasoning	1 medium sachet	1 large sachet
<b>vinegar*</b> (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
plant-based crumbed chicken**	1 small packet	2 small packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2839kJ (678Cal)	656kJ (156Cal)
Protein (g)	46.7g	10.8g
Fat, total (g)	28.1g	6.5g
- saturated (g)	4.1g	0.9g
Carbohydrate (g)	55.2g	12.8g
- sugars (g)	13.9g	3.2g
Sodium (mg)	1323mg	306mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3443kJ (822Cal)	912kJ (217Cal)
Protein (g)	24.7g	6.5g
Fat, total (g)	45.2g	12g
- saturated (g)	5.2g	1.4g
Carbohydrate (g)	74.2g	19.7g
- sugars (g)	14.9g	3.9g
Sodium (mg)	2029mg	537mg

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](https://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

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1



## Get prepped

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

**Custom Recipe:** If you've swapped to plant-based crumbed chicken, combine plant-based crumbed chicken with spice blend as above.

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 (when no longer pink inside), **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!

**Custom Recipe:** In a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook plant-based crumbed chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.

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.
- Dollop with **garlic aioli** to serve. Enjoy!

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

## Rate your recipe

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