



Quick Crumbed Chicken Tacos

with BBQ Slaw, Salsa & Cheddar

Grab your Meal Kit with this symbol



Tex-Mex Spice Blend



Panko Breadcrumbs



Chicken Tenderloins



Cucumber



BBQ Mayo



Shredded Cabbage Mix



Mini Flour Tortillas



Tomato Salsa



Shredded Cheddar Cheese

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 15-25 mins
 Ready in: 25-35 mins

Eat me early

Coat chicken tenders in panko breadcrumbs and mild Tex-Mex spices for a tacos filling everyone will want to get their hands on. Add cucumber for juiciness and crunch, BBQ mayo for creaminess, and a ready-made salsa for a touch of sweetness and acidity.

Pantry items

Olive Oil, Egg

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
Tex-Mex spice blend	1 medium sachet	1 large sachet
egg*	1	2
panko breadcrumbs	1 medium packet	1 large packet
chicken tenderloins	1 small packet	1 large packet
cucumber	1	2
BBQ mayo	1 packet (50g)	1 packet (100g)
shredded cabbage mix	1 medium bag	1 large bag
mini flour tortillas	6	12
tomato salsa	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3417kJ (816Cal)	636kJ (152Cal)
Protein (g)	58.6g	10.9g
Fat, total (g)	32.2g	6g
- saturated (g)	9.3g	1.7g
Carbohydrate (g)	68.4g	12.7g
- sugars (g)	10.4g	1.9g
Sodium (mg)	1775mg	330mg

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.

1



Crumb the chicken

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. In a shallow bowl, whisk **Tex-Mex spice blend** and **egg**.
- In a second shallow bowl, place the **panko breadcrumbs**.
- Dip **chicken tenderloins** into **egg mixture** and then into **breadcrumbs**. Transfer to a plate.

3



Prep the veggies & tortillas

- Slice **cucumber** into thin sticks. Set aside.
- In a medium bowl, combine a drizzle of **olive oil** and 1/2 the **BBQ mayo**. Add **shredded cabbage mix**. Toss to coat.
- When chicken is done, microwave **mini flour tortillas** on a plate in **10 second** bursts, until warmed through.

2



Cook the chicken

- Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, cook **chicken** until golden and cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a paper towel-lined plate.

TIP: Chicken is cooked through when no longer pink inside

4



Serve up

- Slice crumbed chicken.
- Spread tortillas with remaining **BBQ mayo**. Top with some **tomato salsa**, **BBQ slaw**, chicken and cucumber.
- Sprinkle with **shredded Cheddar cheese** to serve.

Enjoy!

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