

BBQ Pulled Chicken & Corn Nachos

with Tomato Salsa & Garlic Aioli

Grab your Meal Kit with this symbol



Mini Flour Tortillas



Tomato



Cucumber



Sweetcorn



Pulled Chicken



Barbecue Seasoning



Tomato Paste



Chicken-Style Stock Powder



Garlic Aioli

Keep an eye out...

Due to recent sourcing challenges, we've replaced baby spinach with cucumber, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Pantry items

Olive Oil, Butter, White Wine Vinegar

 Hands-on: 10-20 mins
Ready in: 15-25 mins

 Eat Me Early

You've heard of pulled pork, but this pulled chicken is easier, faster and even tastier! With a mildly spiced tomato sauce and a side of homemade nacho chips, this meal is a feast of colourful and delicious BBQ flavours. Eat up!

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
mini flour tortillas	6	12
tomato	1	2
cucumber	1 (medium)	1 (large)
sweetcorn	½ tin	1 tin
pulled chicken	1 packet	1 packet
barbecue seasoning	1 sachet	2 sachets
tomato paste	1 packet	2 packets
water*	¼ cup	½ cup
butter*	30g	60g
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
white wine vinegar*	drizzle	drizzle
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3153kJ (754Cal)	780kJ (186Cal)
Protein (g)	34.1g	8.4g
Fat, total (g)	40.9g	10.1g
- saturated (g)	14.6g	3.6g
Carbohydrate (g)	50.2g	12.4g
- sugars (g)	11.9g	2.9g
Sodium (mg)	2186mg	541mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Get prepped

- Preheat oven to **200°C/180°C fan-forced**. Slice **mini flour tortillas** into quarters. Divide **tortillas** between two lined oven trays (don't worry if they overlap). Toss with a drizzle of **olive oil** and season with **salt**. Bake until lightly golden and crispy, **8-10 minutes**.
- Meanwhile, roughly chop **tomato** and **cucumber**. Drain **sweetcorn** (see ingredients).

3



Make the salsa

- Meanwhile, combine **tomato**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season to taste.

2



Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **sweetcorn** and **pulled chicken**, breaking up chicken with a spoon, until browned, **2-3 minutes**. Add **barbecue seasoning** and **tomato paste** and cook until fragrant, **1 minute**.
- Reduce the heat to medium, then add the **water**, the **butter** and **chicken-style stock powder** and simmer until slightly thickened, **1-2 minutes**. Season to taste.

4



Serve up

- Divide nacho chips between plates.
- Top with BBQ pulled chicken and corn.
- Serve with tomato salsa and **garlic aioli**.

Enjoy!