



# Crispy Chicken Tender Tacos

with Charred Corn Slaw & Garlic Aioli

Grab your Meal Kit with this symbol



Snow Peas



Sweetcorn



Southeast Asian Spice Blend



Panko Breadcrumbs



Chicken Tenderloin



Slaw Mix



Garlic Aioli



Mini Flour Tortillas

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

Eat me early

Crispy crumbed chicken, creamy slaw and charred corn in a taco – we promise, this combo is love at first bite! And second bite, and third bite...

### Pantry items

Olive Oil, Egg, White Wine Vinegar

## 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
snow peas	1 bag (100g)	1 bag (200g)
sweetcorn	1 tin (125g)	1 tin (300g)
salt*	1 tsp	2 tsp
Southeast Asian Spice Blend	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 packet	2 packets
chicken tenderloin	1 small packet	1 large packet
slaw mix	1 bag (150g)	1 bag (300g)
garlic aioli	1 packet (50g)	1 packet (100g)
white wine vinegar*	1 tsp	2 tsp
mini flour tortillas	6	12

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3750kJ (896Cal)	688kJ (164Cal)
Protein (g)	58.2g	10.7g
Fat, total (g)	38.5g	7.1g
- saturated (g)	5g	0.9g
Carbohydrate (g)	72.8g	13.4g
- sugars (g)	11.2g	2.1g
Sodium (mg)	1966mg	361mg

### 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. Get prepped

Trim the **snow peas**, then thinly slice lengthways. Drain the **sweetcorn**.



## 2. Char the corn

Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing occasionally, until lightly charred, **4-5 minutes**. Transfer to a large bowl.

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



## 3. Crumb the chicken

In a shallow bowl, combine the **salt**, **Southeast Asian spice blend** and a **good pinch** of **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken tenderloin** into the **spice blend**, followed by the **egg** and then into the **panko breadcrumbs**. Set aside on a plate.



## 4. Cook the chicken

Return the frying pan to a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add the **crumbed chicken** and fry until golden on the outside and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel and season with a **pinch** of **salt** and **pepper**.

**TIP:** If your pan is getting crowded, cook in batches for the best results, adding more oil as needed.



## 5. Prepare the slaw & tortillas

While the chicken is cooking, add the **slaw mix**, **1/2** the **garlic aioli**, the **white wine vinegar**, and a **pinch** of **salt** and **pepper** to the bowl with the **charred corn**. Toss to coat. Heat the **mini flour tortillas** in a sandwich press, or on a plate in the microwave for **10 second bursts**, until warmed through.



## 6. Serve up

Take everything to the table to serve. Build your tacos by spreading some of the remaining garlic aioli over a tortilla. Top with the charred corn slaw, snow peas and a crispy chicken tender.

**Enjoy!**