



Southern Crumbed Chicken Tacos

with Charred Corn Slaw & Garlic Aioli

Grab your Meal Kit with this symbol



Tomato



Sweetcorn



All-American Spice Blend



Panko Breadcrumbs



Chicken Breast



Slaw Mix



Garlic Aioli



Mini Flour Tortillas



Herbs

Keep an eye out...
Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **35-45 mins**
 Ready in: **35-45 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
tomato	1	2
sweetcorn	½ tin	1 tin
salt*	¼ tsp	½ tsp
All-American spice blend	1 sachet	1 sachet
egg*	1	2
panko breadcrumbs	1 packet	1 packet
chicken breast	1 packet	1 packet
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	1 tsp	2 tsp
garlic aioli	50g	100g
mini flour tortillas	8	16
herbs	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3921kJ (937Cal)	686kJ (163Cal)
Protein (g)	50.2g	8.8g
Fat, total (g)	42.2g	7.4g
- saturated (g)	10g	1.7g
Carbohydrate (g)	82.1g	14.4g
- sugars (g)	14.3g	2.5g
Sodium (mg)	2155mg	377mg

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.



Get prepped

Roughly chop the **tomato**. Drain the **sweetcorn** (see ingredients). Cut the **chicken breast** into 2cm strips.



Cook the chicken

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

TIP: Add more oil between batches if needed.



Char the corn

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

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



Make the slaw

While the chicken is cooking, add the **slaw mix**, **white wine vinegar** and 1/2 the **garlic aioli** to the charred **corn**. Season with **salt** and **pepper**, then 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.



Crumb the chicken

In a shallow bowl, combine the **salt** and **All-American spice blend**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip the **chicken strips** into the **spice blend**, followed by the **egg**, and finally into the **panko breadcrumbs**. Transfer to a plate.



Serve up

Roughly chop the **herbs**. Bring everything to the table to serve. Build your tacos by spreading a layer of the remaining garlic aioli over a tortilla. Top with the charred corn slaw, tomato and crumbed chicken strips. Garnish with the herbs.

Enjoy!