



# Jamaican Chicken Tacos

with Charred Corn Salsa & Garlic Aioli

Grab your Meal Kit with this symbol



Garlic



Chicken Tenderloin



Mild Caribbean Jerk Seasoning



Sweetcorn



Tomato



Cucumber



Coriander



Cos Lettuce



Mini Flour Tortillas



Garlic Aioli

Hands-on: 25 mins  
Ready in: 30 mins

Eat me early

You told us you loved Jamaican jerk chicken, and we listened! We're giving it a spin in tasty tacos with a tangy corn salsa and crunchy lettuce to bring the meal together.

### Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

## 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

	4 People
olive oil*	refer to method
garlic	3 cloves
chicken tenderloin	1 packet
mild Caribbean jerk seasoning	2 sachets
salt*	½ tsp
sweetcorn	1 tin (300g)
tomato	2
cucumber	1
coriander	1 bag
cos lettuce	1 head
vinegar* (white wine or rice wine)	2 tsp
mini flour tortillas	12
garlic aioli	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3068kJ (733Cal)	596kJ (143Cal)
Protein (g)	50.8g	9.9g
Fat, total (g)	32.7g	6.4g
- saturated (g)	3.9g	0.8g
Carbohydrate (g)	53.1g	10.3g
- sugars (g)	10.6g	2.1g
Sodium (mg)	1606mg	312mg

### 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. Flavour the chicken

Finely chop the **garlic** (or use a garlic press). Chop the **chicken tenderloin** into 2cm pieces. In a medium bowl, combine the **garlic**, **mild Caribbean jerk seasoning** and a **drizzle** of **olive oil**. Add the **salt** and season with a **pinch** of **pepper**. Add the **chicken** and toss to coat. Set aside.



## 2. Prep the veggies

Drain the **sweetcorn**. Finely chop the **tomato** and **cucumber**. Roughly chop the **coriander**. Shred the **cos lettuce**.



## 3. Make the corn salsa

Heat a large frying pan over a high heat. Once hot, add the **sweetcorn** and cook until lightly browned, **4-5 minutes**. In a medium bowl, combine the charred **corn**, **tomato**, **cucumber**, **coriander** and **vinegar**. **Drizzle** with **olive oil** and season to taste with **salt** and **pepper**. Stir to combine.

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



## 4. Cook the chicken

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **chicken** and cook until browned and cooked through, **5-6 minutes**.

**TIP:** If the pan is getting a little crowded, cook the chicken in batches for the best results!



## 5. Heat the tortillas

While the **chicken** is cooking, heat the **mini flour tortillas** on a plate in the microwave or in a sandwich press in **10 second** bursts, or until warmed through.



## 6. Serve up

Take everything to the table. Build your tacos by spreading a layer of the **garlic aioli** over the base. Top with the cos lettuce, the Jamaican chicken and charred corn salsa.

**Enjoy!**