

Fast Fiesta Chicken Pitas & Buttered Corn

with Avocado & Chipotle Drizzle

15-MINUTE MEALS

Grab your meal kit with this number

36



Corn



Avocado



Chicken Breast Strips



Mexican Fiesta Spice Blend



Shredded Cabbage Mix



Pita Bread



Sour Cream



Mild Chipotle Sauce



Coriander




Chicken Breast Strips



Beef Strips

Prep in: 10-20 mins
Ready in: 15-25 mins

 Eat Me Early

Kick off a flavour fiesta tonight with this easy-to-assemble meal! Mexican fiesta-spiced chicken is loaded into pita pockets with shredded cabbage, avo and sour cream. A vibrant chipotle sauce drizzle brings a touch of smokey heat and buttery corn cobs act as the perfect side.

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
corn	2 cobs	4 cobs
avocado	1 (small)	1 (large)
chicken breast strips	320g	640g
Mexican Fiesta spice blend 	1 medium sachet	1 large sachet
butter*	20g	40g
shredded cabbage mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
pita bread	4 (medium)	4 (large)
sour cream	1 packet	2 packets
mild chipotle sauce	1 large packet	2 large packets
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3880kJ (926Cal)	572kJ (137Cal)
Protein (g)	49.3g	7.3g
Fat, total (g)	72.9g	10.8g
- saturated (g)	15.1g	2.2g
Carbohydrate (g)	36g	5.3g
- sugars (g)	23.8g	3.5g
Sodium (mg)	823mg	121mg
Dietary Fibre (g)	9.6g	1.4g

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.

We're here to help!

Scan here if you have any questions or concerns

2026 | CW05



1



Get prepped

- Cut **corn cob** in half.
- Slice **avocado** in half, scoop out flesh and thinly slice.

3



Steam the corn & toss the slaw

- Meanwhile, transfer **corn** to a large microwave-safe plate. Cover with a damp paper towel. Microwave **corn** on high until tender, **4-5 minutes**.
- Drain any excess liquid, then add the **butter** and season with **salt** and **pepper**. Cover to keep warm.
- In a medium bowl, combine **shredded cabbage mix** with a drizzle of **olive oil** and **white wine vinegar**. Season to taste with **salt** and **pepper**.

2



Cook the chicken

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chicken breast strips** until browned and cooked through, turning occasionally, **6-8 minutes**.
- **SPICY!** *This spice blend is hot! Add less if you're sensitive to heat.* In the **last minute** of cook time, add **Mexican Fiesta spice blend**, turning **chicken** to coat.

TIP: Chicken is cooked through when it's no longer pink inside.

4



Finish & serve

- Toast or grill **pita bread** to your liking.
- Fill pita bread with some **sour cream**, avocado, slaw and chicken.
- Drizzle with **mild chipotle sauce** and tear over **coriander**.
- Serve with buttered corn and any remaining avocado and slaw. Enjoy!

CUSTOM
OPTIONS



CHICKEN BREAST STRIPS:

Follow method above, cooking in batches if necessary.



BEEF STRIPS:

Cook in batches, tossing, until browned and cooked through, 1-2 minutes.

SCAN CODE FOR
FULL STEPS AND
NUTRITION INFO

