

Southern Crumbed Chicken Tacos

with Charred Corn Slaw & Garlic Aioli

Grab your Meal Kit with this symbol



Baby Spinach Leaves



Sweetcorn



Chicken Breast



Louisiana Spice Blend



Panko Breadcrumbs



Slaw Mix



Garlic Aioli




Mini Flour Tortillas



Coriander

 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
baby spinach leaves	1 bag (30g)	1 bag (60g)
sweetcorn	½ tin	1 tin
chicken breast salt*	1 packet ¼ tsp	1 packet ½ tsp
Louisiana spice blend	1 sachet	2 sachets
egg*	1	2
panko breadcrumbs	1 packet	1 packet
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	1 tsp	2 tsp
garlic aioli	1 packet (50g)	1 packet (100g)
mini flour tortillas	8	16
coriander	1 bunch	1 bunch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3880kJ (927Cal)	723kJ (172Cal)
Protein (g)	50.4g	9.4g
Fat, total (g)	42.1g	7.8g
- saturated (g)	10g	1.9g
Carbohydrate (g)	79.9g	14.9g
- sugars (g)	12.3g	2.3g
Sodium (mg)	2367mg	441mg

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.



Get prepped

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



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 corn kernels are "popping" out.



Crumb the chicken

In a shallow bowl, combine the **salt** and **Louisiana 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.



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**, until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel, then season with **salt** and **pepper**.

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



Make the slaw

While the chicken is cooking, add the **slaw mix**, **baby spinach**, **white wine vinegar** and 1/2 the **garlic aioli** to the charred **corn**. Season, then toss to coat. Heat the **mini flour tortillas** on a plate in the microwave for **10 second** bursts, until warmed through.



Serve up

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 and crumbed chicken strips. Tear over the **coriander**.

Enjoy!