



Jamaican Chicken Tacos

with Charred Corn Salsa & Garlic Aioli

Grab your Meal Kit with this symbol



Garlic



Chicken Thigh



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 thigh	1 packet
mild Caribbean jerk seasoning	2 sachets
salt*	½ tsp
sweetcorn	1 tin
tomato	2
cucumber	1
coriander	1 bunch
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)	3000kJ (716Cal)	511kJ (122Cal)
Protein (g)	41.5g	7.1g
Fat, total (g)	32.3g	5.5g
- saturated (g)	5.3g	0.9g
Carbohydrate (g)	58.4g	10.0g
- sugars (g)	11.0g	1.9g
Sodium (g)	1770mg	302mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Add flavour to the chicken

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



2. Get prepped

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. When the pan is hot, add the **sweetcorn** and cook, tossing, until lightly charred, **4-5 minutes**. Transfer to a medium bowl. Add the **tomato, cucumber, coriander** and **vinegar**. **Drizzle** with **olive oil** and season to taste with **salt** and **pepper**. Toss to combine.

TIP: Cover the pan with a lid if the corn 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, tossing, until browned and cooked through, **5-6 minutes**.

TIP: If the pan is getting a little crowded, cook the chicken in batches for 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 for **10 second bursts**, until warmed through.



6. Serve up

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

Enjoy!