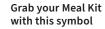
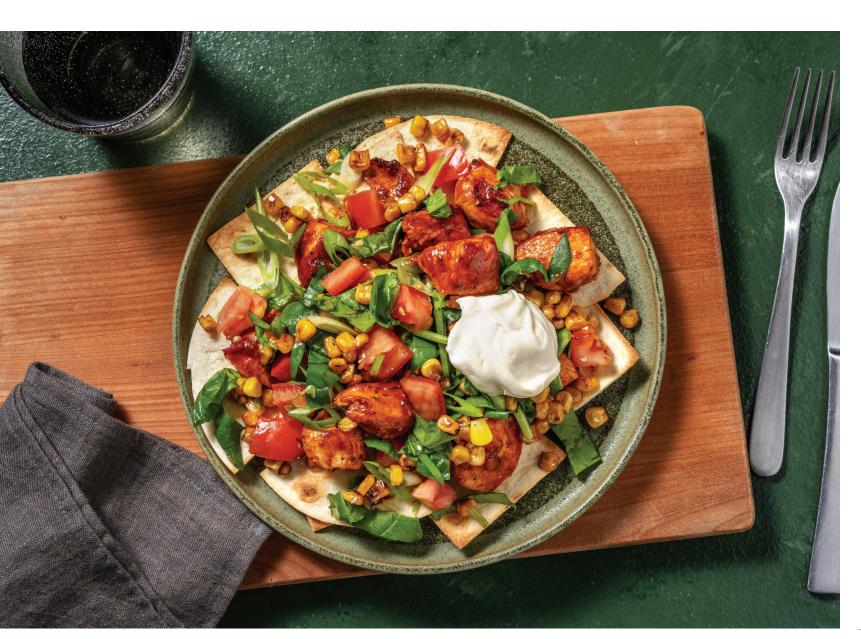


# Quick American BBQ Chicken & Tortilla Chips with Charred Corn Salsa & Sour Cream









Tortillas





**Baby Spinach** 



Spring Onion

Leaves





Sweetcorn





All-American Spice Blend



Diced Chicken



**BBQ Sauce** 



Sour Cream

Hands-on: 15-25 mins Ready in: 20-30 mins



Welcome to the American South, where the barbecue is famous and plentiful! Try this succulent, tangy chicken to see what all the hype is about — it's best cooked over high heat to get that delicious char and light smoky flavours. Enjoy with a good dollop of sour cream and fun nacho chips for a Tex-Mex twist on the all-American fare.

#### **Pantry items**

Olive Oil, 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 · Two oven trays lined with baking paper

# Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
mini flour tortillas	6	12	
tomato	1	2	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
spring onion	1 stem	2 stems	
sweetcorn	½ tin	1 tin	
white wine vinegar*	drizzle	drizzle	
diced chicken	1 packet	1 packet	
All-American spice blend	1 sachet	1 sachet	
tomato paste	1 packet	2 packets	
water*	⅓ cup	½ cup	
BBQ sauce	1 packet (40g)	1 packet (80g)	
sour cream	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items **Nutrition** 

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2763kJ (660Cal)	560kJ (134Cal)
Protein (g)	48g	9.7g
Fat, total (g)	19.6g	4g
- saturated (g)	11.5g	2.3g
Carbohydrate (g)	59.5σ	12.1σ

22.8g

1657mg

4.6g

336mg

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 & char the corn

- Preheat oven to 200°C/180°C fan-forced. Slice mini flour tortillas into quarters. Roughly chop tomato and baby spinach leaves. Thinly slice spring onion. Drain sweetcorn (see ingredients).
- Heat a large frying pan over a high heat. Cook **sweetcorn** until lightly browned, 4-5 minutes. Transfer to a medium bowl.

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



# Bake the tortillas chips & make the salsa

- Divide **tortillas** between two lined oven trays (don't worry if they overlap). Drizzle (or spray) with olive oil and season with salt. Toss to coat, spread out evenly, then bake until lightly golden and crispy, 8-10 minutes.
- Meanwhile, add tomato, baby spinach, spring onion and a drizzle of white wine vinegar and olive oil to charred corn. Season and toss to combine. Set aside.



# Cook the chicken

- Return frying pan to a high heat with a drizzle of **olive oil**. When oil is hot, cook diced chicken, tossing occasionally, until browned and cooked through, **4-6 minutes**.
- Reduce heat to medium-high, then add All-American spice blend and tomato paste and cook until fragrant, 1 minute. Add the water and BBQ sauce and cook until slightly reduced, 1-2 minutes.



# Serve up

- Divide tortilla chips between plates.
- Top with BBQ chicken (plus any remaining glaze) and charred corn salsa.
- Serve with a dollop of sour cream.

# Enjoy!