



# Quick American BBQ Chicken & Tortilla Chips

with Charred Corn Salsa & Sour Cream

Grab your Meal Kit with this symbol



Mini Flour Tortillas



Tomato



Baby Spinach Leaves



Spring Onion



Sweetcorn



Diced Chicken



All-American Spice Blend



Tomato Paste



BBQ Sauce



Sour Cream

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

Eat Me Early

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

	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

\*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)	59.5g	12.1g
- sugars (g)	22.8g	4.6g
Sodium (mg)	1657mg	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](https://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.



## 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**.



## 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.



## 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!