



# Quick Caribbean Chicken Tacos

with Pineapple & Corn Salsa

Grab your Meal Kit  
with this symbol



Garlic



Pineapple Slices



Sweetcorn



Cos Lettuce



Carrot



Chicken Tenderloins



Mild Caribbean  
Jerk Seasoning



Mini Flour  
Tortillas



Long Red Chilli  
(Optional)



Coriander



Garlic Aioli



Hands-on: **25-35 mins**  
Ready in: **25-35 mins**



Spicy (optional  
long red chilli)



Eat Me Early

In only 25 minutes, you can bring the flavours of the Caribbean to taco night. For the quintessential experience, team the seasoned chicken with the sweet crunch of pineapple-corn salsa and a kick of heat from fresh chilli.

## Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)



## 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
garlic	1 clove	2 cloves
pineapple slices	½ tin	1 tin
sweetcorn	1 tin (125g)	1 tin (300g)
cos lettuce	½ head	1 head
carrot	1	2
chicken tenderloins	1 packet	1 packet
mild Caribbean jerk seasoning	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
mini flour tortillas	6	12
long red chilli (optional)	½	1
coriander	1 bag	1 bag
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3140kJ (750Cal)	566kJ (135Cal)
Protein (g)	50.6g	9.1g
Fat, total (g)	29.9g	5.4g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	64g	11.5g
- sugars (g)	21.2g	11.5g
Sodium (mg)	1611mg	290mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

Finely chop the **garlic**. Reserve **juice** from the **pineapple slices** (1/2 tbs for 2 people / 1 tbs for 4 people), then drain. Drain the **sweetcorn**. Shred the **cos lettuce**. Grate the **carrot**.

2



## Flavour the chicken

Slice the **chicken tenderloin** lengthways into 2cm-thick strips. In a medium bowl, combine the **garlic**, **mild Caribbean jerk seasoning** and the **salt**. Season with **pepper** and a drizzle of **olive oil**. Add the **chicken** and toss to coat. Set aside.

3



## Make the salsa

Heat a large frying pan over a high heat. When the pan is hot, cook the **pineapple slices** (see ingredients) and **sweetcorn**, tossing until browned, **3 minutes**. Transfer the **pineapple** to a chopping board and roughly chop. In a small bowl, combine the chopped **pineapple** and **corn**. Add the reserved **pineapple juice** and a drizzle of **vinegar**. Season with **salt** and **pepper** and mix well. Set aside.

4



## Cook the chicken

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken** in batches, tossing, until browned and cooked through, **3-4 minutes**. Transfer to a plate.

**TIP:** Cooking the meat in batches will stop it from stewing and keep it tender.

5



## Heat the tortillas

Microwave the **mini flour tortillas** on a plate for **10 second** bursts, or until warmed through.

6



## Serve up

Thinly slice the **long red chilli** (if using). Roughly chop the **coriander**. Bring everything to the table to serve. Build your tacos by topping the tortillas with lettuce, carrot, Caribbean chicken and pineapple-corn salsa. Top with the **garlic aioli** and garnish with some long red chilli and coriander.

## Enjoy!