



HelloFresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

WK11  
2016



## Mexican 'Pollo' Tacos with Cooling Cucumber

We're bringing the party with these warm and spicy pollo (chicken) tacos, sizzling with golden corn, sweet tomato, spicy Mexican spice mix and zesty lime. Good thing there's some creamy yoghurt and cucumber to cool everything down. Bring the two elements together and we've got a real fiesta on our hands.



**Prep:** 15 mins

**Cook:** 15 mins

**Total:** 30 mins



high  
protein



level 1



eat me  
early

### Pantry Items



Olive Oil



Corn



Red Onion



Tomato



Mexican  
Spice Mix



Lime



Mini Flour  
Tortillas



Chicken Breast



Cucumber



Yoghurt





Long Red Chilli

JOIN OUR PHOTO CONTEST


f t i #HelloFreshAU

2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1 cob	2 cobs	corn, husked & kernels removed
½	1	red onion, finely chopped
1	2	tomato, finely diced
1 tsp	2 tsp	Mexican spice mix
½	1	lime, cut into wedges
6	12	mini flour tortillas
2 fillets	4 fillets	chicken breast, sliced into strips
1	2	cucumber, finely diced
1 tub	2 tubs	yoghurt
½	1	long red chilli, deseeded & finely sliced

 Ingredient features in another recipe



Pantry Items



Pre-preparation

### Nutrition per serve

Energy	4060	Kj
Protein	57.9	g
Fat, total	33.9	g
-saturated	7.1	g
Carbohydrate	101	g
-sugars	11.8	g
Sodium	980	mg



**You will need:** *chef's knife, chopping board, , aluminium foil, two medium bowls, wooden spoon, and a large frying pan.*

- 1 Preheat the oven to **200°C/180°C** fan-forced.
- 2 Heat half of the **olive oil** in a large frying pan over a medium high heat. Add the **corn kernels**, **red onion** and **tomato** and cook for **3 minutes** or until soft. Add half of the **Mexican spice mix** and cook for a further **1 minutes**, or until fragrant. Season with the juice from half the **lime wedges** and **salt** and **pepper**. Transfer mixture to a medium bowl.
- 3 Wrap the **mini flour tortillas** loosely in foil and place in the oven for **5-7 minutes** to heat up. Alternatively, place the tortillas on a heat-proof plate, uncovered and heat in the microwave.
- 4 In a medium bowl combine the **chicken breast strips** and the remaining olive oil and Mexican seasoning. Stir well to coat the chicken.
- 5 Heat the same frying pan from step 2 over a medium-high heat. Add the chicken strips, stir frying for **3-4 minutes** or until golden and cooked through. Remove from the pan.
- 6 Serve up the warmed tortillas, Mexican-spiced chicken, corn salsa, remaining lime wedges, **cucumber**, **yoghurt** and **long red chilli**, and let everyone create their own sizzling chicken taco masterpiece!

**Did you know?** The average ear of corn has 800 kernels.