



Sweet Soy Chicken Tacos

with charred corn salad

Quick Cook 20 – 25 mins

18



Diced Chicken Breast



Ketjap Manis



Sweetcorn



Tomato



Creme Fraiche



Tortilla



Sweet Chilli Sauce



Salad Leaves



Shallot



Thai Style Spice Mix

Pantry Items: Salt, Oil, Pepper, Water, Sugar



Rate your recipe!

2024-W34

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Sieve

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Ketjap Manis	1 sachet	2 sachets
Sweetcorn	1 pack	2 packs
Tomato	2 units	4 units
Creme Fraiche	110 g	220 g
Tortilla	8 units	16 units
Sweet Chilli Sauce	1 sachet	1 sachet
Salad Leaves	120 g	240 g
Shallot	1 unit	2 units
Thai Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	536.5 g	100 g
Energy (kJ/kcal)	2979 kJ/ 712 kcal	555.3 kJ/ 132.7 kcal
Fat (g)	26.8 g	5 g
Sat. Fat (g)	14.4 g	2.7 g
Carbohydrate (g)	75.1 g	14 g
Sugars (g)	19.7 g	3.7 g
Protein (g)	43 g	8 g
Salt (g)	3.4 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

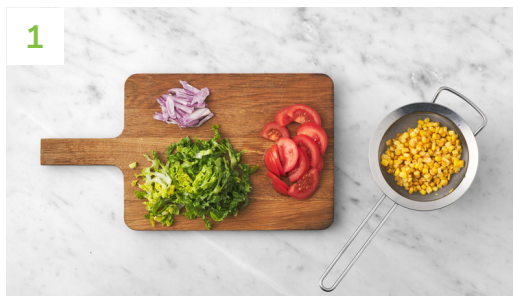
Contact

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



You can recycle me!



Get Prepped

- Preheat the oven (for the **tortillas**) to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **sweetcorn** in a sieve.
- Halve and thinly slice the **tomato**.
- Halve, peel and thinly slice the **shallot**.
- Trim the **salad leaves** and halve lengthways. Roughly chop widthways.

TIP: If you want to avoid turning on the oven, dry-fry the tortillas in a pan instead!



Fry the Chicken

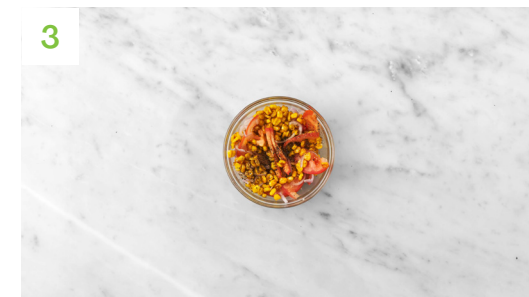
- Return the pan to medium-high heat with a drizzle of **oil**.
- Once hot, fry the **chicken** in the **Thai spice mix** until cooked through, stirring, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.



Char the Corn

- Place a large pan over high heat (without oil).
- Once hot, add the **sweetcorn** and cook until charred, 5-6 mins. Shift occasionally as the **corn** colours.
- Once cooked, transfer from the pan (set the pan aside for use later).



Make the Salad

- In a bowl, mix together the **tomato, shallot**, charred **sweetcorn**, ½ tsp **salt** and 1 tbsp **oil** (double both for 4p).
- Season to taste with **salt** and **pepper**.



Warm the Tortillas

- Add the **ketjap manis, sweet chilli sauce**, 1 tsp **sugar** and 1 tbsp **oil** (double both for 4p) to the pan.
- Cook, coating the **chicken**, 1-2 mins.
- Season with **salt** and **pepper**.
- Meanwhile, pop the **tortillas** into the oven to warm, 1-2 mins.

TIP: Loosen the sauce with a splash of water if you feel it's too thick.



Finish and Serve

- Divide the warmed **tortillas** between plates.
- Top first with **salad leaves** and spoonfuls of charred **corn** salad, piling on the **chicken** at the end.
- Drizzle over any sweet **soy** glaze remaining in the pan.
- Finish with a dollop of **creme fraiche**.

Enjoy!