



HELLO FRESH



JAN 2017

Crispy Chicken Tacos

with Tomato Salad

These tacos are a double whammy! We can't decide what we like more, the crispy bites of cornflake-crusted chicken, or the incredible lime crema you're going to create yourself. Thank goodness that in these warming tortillas, we don't have to choose!

Prep 30 min

level 1



Chicken Tenders



Lime



Cornflake Cereal



Mayonnaise



Tortillas



Tomato



Honey



Cajun Spice



Greek Yogurt



Romaine Lettuce



Cilantro

Ingredients

Chicken Tenders		2 pkg (570 g)
Lime		2
Cornflake Cereal	1)	1 pkg (2 cup)
Mayonnaise	3) 4)	1 pkg (1 tbsp)
Flour Tortillas	1)	10
Tomato		1
Honey		3 pkg (3 tbsp)
Mild Cajun Spice		1 pkg (2 tbsp)
2% Greek Yogurt	2)	1 pkg (100 g)
Romaine Lettuce, 1-inch chopped		1 pkg (113 g)
Cilantro		1 pkg (14 g)
Olive or Canola Oil*		

4 People

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Egg/Oeuf
- 4) Soy/Soja

Tools

Large Bowl, Shallow Dish, Baking Sheet, Small Bowl, Medium Bowl, Zester, Rolling Pin

Nutrition per person Calories: 608 cal | Fat: 11 g | Protein: 43 g | Carbs: 81 g | Fibre: 2 g | Sodium: 261 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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2



1 Preheat your oven to 450°F. (To bake the chicken strips and warm the tortillas.) Start prepping when your oven comes up to temperature!

2 Prep and coat the chicken: Using a rolling pin, or a long glass bottle (like a wine bottle!) crush the **cornflakes** in the bag into a breadcrumb-like texture. Pat the **chicken tenders** dry with paper towels. In a large bowl, combine the chicken with **2 pkg honey** and a pinch of **salt** and **pepper**. Combine the **cornflakes** and **spice blend** in a shallow dish. Working one at a time, press each chicken tender into the **cornflakes** to coat completely. Arrange the **strips** on a foil-lined baking sheet. Bake in the centre of the oven until golden-brown, 12-14 min.

3



3 Prep: Meanwhile, **wash and dry all produce**. Zest, then juice the **limes**. Chop the **tomatoes** into 1/2-inch pieces. Finely chop the **cilantro**.

4



4 Make the lime crema: In a small bowl, combine the **yogurt**, **mayonnaise** and **lime zest**.

5 Make the tomato salad: In a medium bowl, whisk the **lime juice**, **remaining pkg honey** and a drizzle of **oil**. Add the **lettuce** and **tomatoes**. Toss to combine. Season with **salt** and **pepper**.

6 Finish and serve: Heat the **tortillas** on a baking sheet in the oven until warmed through, 1-2 min. Layer each **taco** with the **crispy chicken**, **tomato salad**, a drizzle of **lime crema** and a sprinkle of **cilantro**. Enjoy!

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