



UCOOK

Olerato's Chicken Corn Tacos

with mercado tomato salsa & sour cream

Now this recipe gives new meaning to layers of flavour, Chef! First comes the dry-toasted corn tacos, then a layer of fresh greens, cheesy black beans & chicken. Stack on another layer of flavour by adding tangy tomato salsa, creamy sour cream, and fresh avo. All that's left to do is take a mouthwatering mouthful of your Mexican meal, Chef!

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 2 People

Chef: Olerato Lebogang Ntisa

Fan Faves

 Domaine Des Dieux | Chardonnay 2019

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Ingredients & Prep

2	Free-range Chicken Breasts
1	Onion <i>peel & roughly slice</i>
120g	Black Beans <i>drain</i>
60g	Mozzarella Cheese <i>grate</i>
1	Avocado
60ml	Sour Cream
6	Corn Tortillas
40g	Green Leaves <i>rinse & roughly shred</i>
60ml	Mercado Tomato Salsa

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. CHECK OUT THIS CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before shredding and seasoning.

2. CHEESY BEANS While the chicken is resting, return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). Add the drain beans and the cheese, and fry until warmed through and melted, 1-2 minutes. Remove from the pan, season, and set aside.

3. HAVO SOME AVO Peel and roughly dice the avocado, discarding the pip. In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency.

4. TOASTY TORTILLAS Place the tortillas on a microwavable plate and sprinkle with droplets of water. Heat in the microwave for 30 seconds. Alternatively, place a clean pan over medium heat. When hot, dry toast the tortillas until lightly crisped, 15 seconds per side. You'll need to do this step in batches, stacking the heated ones under a dry tea towel as you go. This is to stop them from drying out.

5. MMMEXICAN MEAL Time to build your own tacos, Chef! Top the toasted tacos with the shredded green leaves and the shredded chicken & bean mix. Dollop over the tomato salsa, drizzle over the loosened sour cream, and scatter over the diced avocado.

Nutritional Information

Per 100g

Energy	648kJ
Energy	155kcal
Protein	9.1g
Carbs	13g
of which sugars	1.5g
Fibre	3.2g
Fat	7.8g
of which saturated	2.5g
Sodium	134mg

Allergens

Allium, Cow's Milk

Eat
Within
2 Days