



# UCCOOK

## Tasty Chicken & Jalapeño Taquitos

with guacamole & fresh coriander

**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Thea Richter

**Wine Pairing:** Delheim Wines | Delheim Staying Alive Riesling

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	711kJ	4643kJ
Energy	170kcal	1111kcal
Protein	8.5g	55.6g
Carbs	14g	92g
of which sugars	2g	33.3g
Fibre	3.5g	22.8g
Fat	9.2g	59.8g
of which saturated	3.3g	21.6g
Sodium	219mg	1429mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat, Sulphites

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
150g	300g	Free-range Chicken Mini Fillets
7,5ml	15ml	NOMU Spanish Rub
60ml	125ml	Cream Cheese
1	1	Spring Onion <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
15ml	30ml	Jalapeño Relish
5	10	Wheat Flour Tortillas
50g	100g	Corn
10g	20g	Piquanté Peppers <i>drain</i>
3g	5g	Fresh Coriander <i>rinse &amp; pick</i>
20g	40g	Salad Leaves <i>rinse</i>
1	1	Avocado <i>cut in half &amp; roughly dice ½</i> <a href="#">[1]</a>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Water  
Butter  
Seasoning (salt & pepper)

**1. CHICKEN & JALAPEÑO** Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chicken mini fillets until golden and cooked through, 1-2 minutes per side. During the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan, place on a chopping board and roughly chop. Place in a bowl and combine with the cream cheese, the spring onion whites, the jalapeño relish (to taste), and season.

**2. GET ROLLIN'** Place the tortillas in a single layer on a chopping board. Place 2-3 tbsp of the chicken mixture down the center of each tortilla in a straight line (you may have some chicken filling left over!) Roll up each tortilla tightly so that it resembles a cylinder with the filling inside. Place on a lightly greased baking tray in a single layer, fold-side down. Pop in the hot oven and bake until golden and starting to crisp, 10-12 minutes.

**3. CORN SALAD** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan and place in a bowl. Toss with the peppers, ½ the coriander, the spring onion greens, the salad leaves, and season.

**4. GUACAMOLE TIME!** Place the avocado in a bowl and roughly mash to the desired guacamole consistency. Season and set aside.

**5. 'QUITO' DIET!** Pile up the chicken & jalapeño taquitos. Side with the charred corn salad. Serve with the guacamole for dunking. Side with any remaining chicken filling. Sprinkle over the remaining coriander. Well done, Chef!