



UCOOK

Mexican Chicken Tacos

with guacamole & pickled jalapeños

Who said quick meals can't be bursting with flavour, Chef? This mouthwatering Mexican tortilla recipe shows it's possible to spend less time in the kitchen while still making unforgettable meals. Featuring a toasted tortilla layered with corn, golden chicken, cabbage, a sour cream drizzle, guacamole, a kick from the jalapeños, and a crunch from the crispy onions.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 3 People

Chef: Megan Bure

 Quick & Easy

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

3	Free-range Chicken Breasts
30ml	Mexican Spice
150g	Corn
300g	Shredded Cabbage
90ml	Sour Cream
9	Corn Tortillas
2 units	Guacamole
8g	Fresh Coriander <i>rinse, pick & finely chop</i>
60g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
60ml	Crispy Onion Bits

From Your Kitchen

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

1. MMMEXICAN CHICKEN Place a pan (with a lid) over medium-high 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 and the Mexican spice. Remove from the pan and rest for 5 minutes before slicing and seasoning.

2. CORN & CABBAGE & SOUR CREAM While the chicken is resting, toss together the corn, the shredded cabbage, a drizzle of olive oil, and seasoning. In a small bowl, loosen the sour cream with water in 5ml increments until drizzling consistency.

3. TOASTY TORTILLA Spread the tortillas on a plate in a single layer, sprinkle with small droplets of water, and heat up in the microwave, 30-60 seconds. Alternatively, place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

4. LET'S WRAP THIS UP! Top the warmed tortillas with the fresh shredded cabbage & corn and the sliced chicken. Drizzle over the sour cream and dollop over the guacamole. Garnish with the chopped coriander. Scatter over the drained jalapeños (to taste) and the crispy onions. Wonderful work, Chef!

Nutritional Information

Per 100g

Energy	669kJ
Energy	160kcal
Protein	8.4g
Carbs	15g
of which sugars	2g
Fibre	3.4g
Fat	7.6g
of which saturated	1.6g
Sodium	216mg

Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Cook
within 2
Days