



UCCOOK

Mexican Chicken & Jalapeño Taquitos

with guacamole & fresh coriander

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Flight Centre

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info

	Per 100g	Per Portion
Energy	696kJ	3990kJ
Energy	166kcal	954kcal
Protein	7.2g	41.3g
Carbs	15g	85g
of which sugars	2.1g	11.9g
Fibre	3.1g	17.7g
Fat	8.9g	50.8g
of which saturated	2.2g	12.6g
Sodium	306mg	1756mg

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

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Free-range Chicken Mince
7,5ml	15ml	NOMU Spanish Rub
50	100ml	Sour Cream
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
15g	30g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
5	10	Wheat Flour Tortillas
50g	100g	Corn
10g	20g	Piquanté Peppers <i>drain</i>
3g	5g	Fresh Coriander <i>rinse & pick</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1 unit	1 unit	Guacamole

From Your Kitchen

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 mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 [4-5] minutes (shifting occasionally). During the final 1-2 minutes, add the NOMU rub. Place in a bowl and combine with the sour cream, the spring onion whites, the jalapeños (to taste), and season.

2. GET ROLLIN' Place the tortillas in a single layer on a chopping board. Place 1-2 tbsp of the chicken mixture down the center of each tortilla in a straight line from top to bottom (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 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. 'QUITO' DIET! Pile up the chicken and 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!