



UCOOK

Bourbon BBQ Chicken Tortillas

with piquanté peppers, charred corn & spring onion salsa

Everything tastes better in a tortilla! These tortillas are filled with, oh so dreamy, pulled bourbon bbq chicken, shredded lettuce, zesty corn, piquanté pepper and spring onion salsa. Dios mío! Now that's a tortilla!

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Cavalli Estate | Colt

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Ingredients & Prep

3	Free-range Chicken Thigh Fillets
75g	Corn
65ml	Bourbon BBQ Sauce
1	Lime <i>½ zested & cut into wedges</i>
25g	Piquanté Peppers <i>drained & roughly chopped</i>
3g	Fresh Chives <i>rinsed & finely chopped</i>
30ml	Cashew Nut Yoghurt
3	Soft Shell Corn Tortillas
40g	Salad Leaves <i>rinsed & shredded</i>

From Your Kitchen

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

1. SIZZLING CHICKEN Place a pan over a medium heat with a drizzle of oil. Pat the chicken thighs dry with a paper towel. When the pan is hot, fry the chicken on one side for 5-7 minutes until golden. Flip, pop on the lid, and fry for a further 5-7 minutes until cooked through. Remove from the heat on completion and set aside to rest for 5 minutes before shredding.

2. CHARRED CORN Place a pan over a medium high heat with a drizzle of oil. When hot, fry the corn for 3-4 minutes until charred, shifting occasionally. Remove from the pan on completion and place in a bowl.

3. PULLED BBQ GOODNESS! Using a fork shred the chicken thighs and return shredded chicken to the pan, add in the BBQ sauce and toss through until the chicken is coated. Allow the sauce to simmer uncovered, stirring occasionally. Stir in juice from 1 lime wedge. Remove from the heat, season to taste and set aside.

4. ZESTY SALSA In the bowl with the corn, add in the chopped piquanté pepper and ¼ of the chopped chives. Toss together and add a drizzle of oil and season to taste. In another bowl, mix together the cashew yoghurt, a pinch of lime zest, and ½ of the remaining chopped chives. Season to taste and set aside for the fiesta.

5. TASTY TACOS Wipe down the pan and return it to a medium heat. When hot, dry toast the tortillas for 30-60 seconds per side until warmed through and lightly crisped. Alternatively, stack on a plate with a damp clean tea towel in between each one and microwave for 30 seconds. Once heated, stack under a dry tea towel to stop them from getting cold or drying out.

6. BBQ FIESTA! Lay down your warm, toasted tacos. Layer with the shredded green leaves and top with the pulled bourbon BBQ chicken. Top with the corn, piquanté pepper salsa, and a good dollop of the creamy lime cashew dressing. Garnish with any remaining chopped chives and generously squeeze over some lime juice. Wowzers, chef!

Nutritional Information

Per 100g

Energy	598kJ
Energy	143Kcal
Protein	8.5g
Carbs	15g
of which sugars	4.1g
Fibre	1.8g
Fat	5.4g
of which saturated	1.1g
Sodium	229mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

Cook
within 3
Days