



UCOOK

Waterkloof's Chicken Tacos

with homemade guacamole & coriander sour cream

Let's give the dinner table something to taco 'bout tonight, Chef! This will be between mouthfuls of mouthwatering Mexican chicken tacos, bringing layers of charred corn, lemony cabbage slaw, spicy chicken mince, dollops of coriander sour cream sauce, a jalapeño's kick, and loaded guacamole - all nestled between toasted tortillas.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Waterkloof Wine Farm

 Fan Faves

 Waterkloof | False Bay Chenin Blanc

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Ingredients & Prep

100g	Cabbage <i>rinsed & thinly sliced</i>
20ml	Lime Juice
1	Onion <i>peeled, ½ finely diced & ½ finely sliced</i>
150g	Free-range Chicken Mince
10ml	Mexican Spice
50g	Corn
1	Avocado
1	Tomato <i>rinsed & roughly diced</i>
3g	Fresh Coriander <i>rinsed, picked & finely chopped</i>
30ml	Sour Cream
3	Corn Tacos
15g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>

From Your Kitchen

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

1. ZESTY CABBAGE SLAW To a bowl, add the sliced cabbage. Toss through ½ the lime juice, a drizzle of oil, and seasoning. Set aside.

2. MEXICAN MINCE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). Add the mince and the Mexican spice, working quickly to break the mince up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Season and remove from the pan. Cover and set aside.

3. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. MAKE THE GUACAMOLE Halve the avocado and set aside half for another meal. Scoop the avocado flesh into a bowl and mash with a fork. Mix through the diced tomato, the diced onion (to taste), ½ the chopped coriander, the remaining lime juice (to taste), and seasoning.

5. SOUR CREAM SAUCE In a small bowl, combine the sour cream with the remaining coriander, a drizzle of oil, and seasoning. Set aside.

6. 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 a medium heat. When hot, dry toast the tortillas until lightly crisped, 15 seconds per side. Once heated, stack under a dry tea towel to stop them from drying out.

7. FANTASTIC FILLING Lay down the tortillas and fill with the limey cabbage, the chicken and onion mixture, the jalapeños (to taste), dollops of guac, and the charred corn. Smear with the coriander sour cream. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	555kJ
Energy	133kcal
Protein	5.5g
Carbs	13g
of which sugars	2.3g
Fibre	3g
Fat	6.8g
of which saturated	1.8g
Sodium	125mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 1
Day