



UCOOK

Veggie Tacos & Jalapeño Salsa

with **On The Green Side** tenders

This tantalising taco features plant-based On The Green Side tenders that perfectly mimic the flavours of traditional chicken. A side of refreshing jalapeño and tomato salsa adds a tangy & spicy kick. To complete this veggie-packed dish, a creamy guac provides a luxurious, creamy contrast. Prepare to indulge in a truly delicious taco experience.


Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Veggie

 No paired wines

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1	Tomato <i>½ diced</i>
15g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
4g	Fresh Coriander <i>rinsed & picked</i>
150g	On The Green Side Tenders
3	Corn Tortillas
20g	Green Leaves <i>rinsed & roughly shredded</i>
40g	Guacamole

From Your Kitchen

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

1. SALSA In a small bowl, combine the diced tomato, the chopped jalapeños, ½ of the picked coriander, a drizzle of olive oil, and seasoning. Set aside.

2. TENDERS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the tenders until browned and warmed through, 3-4 minutes (shifting occasionally). Remove from the pan, season, and roughly shred.

3. 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.

4. ASSEMBLE Place the toasted tortillas on a plate. Top with the shredded green leaves, the shredded tenders, and the jalapeño & tomato salsa. Dollop over the guacamole and garnish with the remaining picked coriander. Finish off with a crack of black pepper. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	662kJ
Energy	159kcal
Protein	9g
Carbs	17g
of which sugars	1.4g
Fibre	3.9g
Fat	6.3g
of which saturated	1.6g
Sodium	79mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree
Nuts, Soy

Cook
within 1
Day