



# UCOOK

## Tasty Chicken & Jalapeño Taquitos

with guacamole & fresh coriander

UCOOK's take on classic taquitos! Chicken, jalapeño relish, and cream cheese are stuffed into tortillas, before being baked to crisp perfection in a hot oven and sided with vibrant green guacamole and a charred corn salad. Not only will your taste buds thank you, but so will your eyes!

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**Hands-on Time:** 25 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Thea Richter

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Adventurous Foodie

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Waterford Estate | Waterford MCC

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## Ingredients & Prep

450g	Free-range Chicken Mini Fillets
22,5ml	NOMU Spanish Rub
180ml	Cream Cheese
2	Spring Onions <i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i>
45ml	Jalapeño Relish
15	Wheat Flour Tortillas
150g	Corn
60g	Pickled Bell Peppers <i>drain &amp; roughly</i>
8g	Fresh Coriander <i>rinse, pick and dry</i>
60g	Salad Leaves <i>rinse</i>
2	Avocados

## From Your Kitchen

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

**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 chicken mini fillets until golden and cooked through, 1-2 minutes per side. During the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan, place on a chopping board, and roughly chop. Place in a bowl along with the cream cheese, the spring onion whites, the jalapeño relish (to taste), and seasoning. Mix until combined.

**2. GET ROLLIN'** Place the tortillas in a single layer on a chopping board. Place 2-3 tbsp of the chicken mixture down the center of each tortilla in a straight line (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 hot 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, 5-6 minutes (shifting occasionally). Remove from the pan and place in a bowl. Toss with the chopped peppers, ½ the picked coriander, the spring onion greens, the rinsed salad leaves, and seasoning.

**4. GUACAMOLE TIME!** Halve the avocados and set aside one of the halves containing the pip for another meal. Peel the remaining avo and place in a bowl. Roughly mash to the desired guacamole consistency. Season.

**5. 'QUITO' DIET!** Pile up the chicken & 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!

## Nutritional Information

Per 100g

Energy	710kJ
Energy	170kcal
Protein	9.2g
Carbs	15g
of which sugars	2.5g
Fibre	3.1g
Fat	8.4g
of which saturated	3.4g
Sodium	244mg

## Allergens

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

Eat  
Within  
3 Days