



# UCOOK

## Chipotle Strawberry Chicken

**with flour tortillas, green leaves & sour cream**


We all know the well-known combos: strawberries & cream, strawberries & champagne, strawberries & chocolate. So, let's impress with an unexpected food pairing. Like chipotle chillies, strawberries & BBQ sauce! Add this wow-factor over shredded chicken with avo & sour cream, and you've got yourself a first-rate feast!


**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Serves:** 1 Person

**Chef:** Kate Gomba

 Adventurous Foodie

 Domaine Des Dieux | Rose of Sharon Rosé  
MCC 2013

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## Ingredients & Prep

150g	Free-range Chicken Mini Fillets
1	Onion <i>peel &amp; roughly slice</i>
10g	Chipotle Chillies In Adobo <i>roughly chop</i>
100g	Strawberries <i>thaw</i>
50ml	BBQ Sauce
2	Wheat Flour Tortillas
1	Avocado
50ml	Sour Cream
3g	Fresh Coriander <i>rinse, pick &amp; finely chop</i>
40g	Green Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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

**1. BROWN THE CHICKEN** Place a pan over high heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan. Using two forks, gently shred the chicken and season.

**2. STRAWBERRY SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onions until turning golden and soft, 4-5 minutes. Add the chopped chillies (to taste) and the strawberries. Fry until fragrant, 2-3 minutes (pressing the strawberries down with the back of a wooden spoon). Mix in the BBQ sauce and 50ml of water. Simmer until reduced and thickening, 4-5 minutes. Mix in the shredded chicken, remove from the heat, and season.

**3. TOAST** Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

**4. SOME PREP** Halve the avocado and remove the pip. Peel the skin off, keeping the flesh intact. Thinly slice the avocado. In a small bowl, combine the sour cream and the chopped coriander. Loosen with water in 5ml increments until drizzling consistency and season.

**5. TIME TO ASSEMBLE** Top the toasted tortillas with the shredded green leaves, the strawberry chicken, the avocado slices, and a drizzle of the sour cream. Wrap up and savour the flavours, Chef!

## Nutritional Information

Per 100g

Energy	606kj
Energy	145kcal
Protein	6.6g
Carbs	17g
of which sugars	6.7g
Fibre	2.6g
Fat	5.9g
of which saturated	1.8g
Sodium	203mg

## Allergens

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

Eat  
within 3  
Days