



QCOOK

Chicken & Cheese Tortillas

with **grated mature cheddar cheese & caramelised onions**

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterkloof | Circumstance Chenin blanc

Nutritional Info

	Per 100g	Per Portion
Energy	658kJ	4423kJ
Energy	157kcal	1058kcal
Protein	9.9g	66.5g
Carbs	15g	98g
of which sugars	5g	33.6g
Fibre	1.4g	9.3g
Fat	6.2g	41.6g
of which saturated	3g	20.4g
Sodium	251mg	1685mg

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

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40g	80g	Corn
1	2	Onion/s <i>peel & roughly slice</i>
150g	300g	Free-range Chicken Mini Fillets
50ml	100ml	The Sauce Queen Smokey BBQ Sauce
80g	160g	Cheddar Cheese <i>grate</i>
2	4	Wheat Flour Tortillas
10ml	20ml	White Wine Vinegar
20g	40g	Salad Leaves <i>rinse & shred</i>
50g	100g	Cucumber <i>rinse & cut into half-moons</i>
20g	40g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

1. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. CARAMELISED ONIONS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan.

3. CHICKEN Return the pan, wiped down, to medium heat with a drizzle of oil. Pat the chicken dry with paper towel. Fry the chicken until golden and cooked through, 1-2 minutes per side. Mix in the BBQ sauce. Remove from the heat and season.

4. TIME TO ASSEMBLE Place the cheese, the onions, and the BBQ chicken on one half of the tortillas. Fold the tortillas over the filling to create a half-moon shape.

5. CRISPY & CHEESY Place a clean pan over medium heat with a drizzle of oil and a knob of butter. Toast the loaded tortillas until golden, 1-2 minutes per side (be careful when flipping to avoid spilling the filling).

6. SALAD In a salad bowl, combine the vinegar with a drizzle of olive oil, and 5ml [10ml] of sweetener. Add the salad leaves, the cucumber, the piquanté peppers, and the corn. Season and set aside.

7. DINNER IS READY Plate up the crispy loaded gooey tortillas and serve alongside the fresh salad. Buen provecho, Chef!