



# UCOOK

## Fusion Chicken Taco Bowl

with **crispy poppadoms**

What a wonderful time to be a Chef, Chef! Fusing different global cuisines is a real privilege we have as modern cooks. Today we'll be merging mouthwatering Mexican ingredients with a crispy Indian twist. On top of chipotle sauce-covered chicken, charred corn, tangy tomato & guac comes puffed poppadoms as your tasty taco stand-in. Finished with a sour cream drizzle.

---

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

---

**Serves:** 2 People

---

**Chef:** Jade Summers

---

Carb Conscious

---

Stettyn Wines | Stettyn Family Range Rosé  
Chardonnay Pinot Noir 2023

---

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

## Ingredients & Prep

100g	Corn
60ml	Sour Cream
1	Onion <i>peel &amp; roughly dice ½</i>
20g	Chipotle Chillies In Adobo
40ml	Tomato Paste
300g	Free-range Chicken Mini Fillets
4	Poppadoms
20g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
1	Tomato <i>rinse, deseed &amp; roughly dice</i>
1 unit	Guacamole
5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. CORN & SOUR CREAM** Place a pan over 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. In a separate bowl, loosen the sour cream with water in 5ml increments until drizzling consistency.

**2. CHIPOTLE SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the chipotle chillies (to taste), the tomato paste, and 200ml of water. Simmer until thickened, 8-10 minutes.

**3. SPICY CHICKEN** Place a clean pan on medium-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. You may need to do this step in batches. Remove from the pan, season, and add to the chipotle sauce.

**4. CRISPY POPPADOMS** Return the pan, wiped down, to medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

**5. FANTASTIC FUSION** Bowl up the spicy chicken. Top with the charred corn, the diced jalapeños, the diced tomato, and the guacamole. Crumble over the crispy poppadoms, garnish with the chopped coriander, and drizzle over the sour cream. Enjoy!

## Nutritional Information

Per 100g

Energy	416kJ
Energy	99kcal
Protein	6.7g
Carbs	8g
of which sugars	2.6g
Fibre	2.5g
Fat	4.6g
of which saturated	0.6g
Sodium	162mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
3 Days