



UCOOK

Cheesy Chicken Tortillas

with grated mature cheddar cheese & caramelised onions

Goosey, melted cheese always rates high on the satisfaction metre. Soon you will get stuck into this cheesy deliciousness with toasted tortillas stuffed with golden chicken mini fillets, pops of sweet corn, cheddar cheese, & caramelised onions coated in The Sauce Queen Smokey BBQ Sauce. Served with a fresh salad.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

Laborie Estate | Laborie Chenin Blanc

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Ingredients & Prep

40g	Corn
1	Onion <i>peel & roughly slice</i>
150g	Free-range Chicken Mini Fillets
50ml	The Sauce Queen Smokey BBQ Sauce
60g	Cheddar Cheese <i>grate</i>
2	Wheat Flour Tortillas
10ml	White Wine Vinegar
20g	Salad Leaves <i>rinse & shred</i>
50g	Cucumber <i>rinse & cut into half-moons</i>
20g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter
Salt & Pepper

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). When hot, fry the sliced 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. When hot, 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 grated cheese, the caramelised 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. When hot, 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 of sweetener. Add the shredded salad leaves, the cucumber half-moons, the drained piquanté peppers, and the charred 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!

Nutritional Information

Per 100g

Energy	641kJ
Energy	153kcal
Protein	9.5g
Carbs	15g
of which sugars	4.7g
Fibre	1.4g
Fat	5.7g
of which saturated	2.8g
Sodium	264mg

Allergens

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

Eat
Within
3 Days