



# UCOOK

## Veggie Tacos & Jalapeño Salsa

with **On The Green Side** tenders

This tantalising taco features plant-based On The Green Side tenders that perfectly mimic the flavours of traditional chicken. A side of refreshing jalapeño and tomato salsa adds a tangy & spicy kick. To complete this veggie-packed dish, a creamy guac provides a luxurious, creamy contrast. Prepare to indulge in a truly delicious taco experience.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 2 People


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**Chef:** Rhea Hsu

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 Veggie

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 Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc

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## Ingredients & Prep

1	Tomato <i>diced</i>
30g	Sliced Pickled Jalapeños <i>drained &amp; roughly chopped</i>
8g	Fresh Coriander <i>rinsed &amp; picked</i>
300g	On The Green Side Tenders
6	Corn Tortillas
40g	Green Leaves <i>rinsed &amp; roughly shredded</i>
80g	Guacamole

## From Your Kitchen

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

**1. SALSA** In a small bowl, combine the diced tomato, the chopped jalapeños, 1/2 of the picked coriander, a drizzle of olive oil, and seasoning. Set aside.

**2. TENDERS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the tenders until browned and warmed through, 3-4 minutes (shifting occasionally). Remove from the pan, season, and roughly shred.

**3. TORTILLAS** Place the tortillas on a microwavable plate and sprinkle with droplets of water. Heat in the microwave for 30 seconds. Alternatively, place a clean pan over a medium heat. When hot, dry toast the tortillas until lightly crisped, 15 seconds per side.

**4. ASSEMBLE** Place the toasted tortillas on a plate. Top with the shredded green leaves, the shredded tenders, and the jalapeño & tomato salsa. Dollop over the guacamole and garnish with the remaining picked coriander. Finish off with a crack of black pepper. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	662kJ
Energy	159kcal
Protein	9g
Carbs	17g
of which sugars	1.4g
Fibre	3.9g
Fat	6.3g
of which saturated	1.6g
Sodium	79mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree  
Nuts, Soy

Cook  
within 1  
Day