



UCCOOK

Tasty Chicken & Jalapeño Taquitos

with guacamole & fresh coriander

Hands-on Time: 30 minutes

Overall Time: 60 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	711kJ	4643kJ
Energy	170kcal	1111kcal
Protein	8.5g	55.6g
Carbs	14g	92g
of which sugars	2g	33.3g
Fibre	3.5g	22.8g
Fat	9.2g	59.8g
of which saturated	3.3g	21.6g
Sodium	219mg	1429mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Free-range Chicken Mini Fillets
22,5ml	30ml	NOMU Spanish Rub
180ml	250ml	Cream Cheese
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
45ml	60ml	Jalapeño Relish
15	20	Wheat Flour Tortillas
150g	200g	Corn
30g	40g	Piquanté Peppers <i>drain</i>
8g	10g	Fresh Coriander <i>rinse & pick</i>
60g	80g	Salad Leaves <i>rinse</i>
2	2	Avocados <i>cut in half & roughly dice 1½</i> <i>[2]</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter
Seasoning (salt & pepper)

1. CHICKEN & JALAPEÑO Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chicken mini fillets until golden and cooked through, 1-2 minutes per side. During the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan, place on a chopping board and roughly chop. Place in a bowl and combine with the cream cheese, the spring onion whites, the jalapeño relish (to taste), and season.

2. GET ROLLIN' Place the tortillas in a single layer on a chopping board. Place 2-3 tbsp of the chicken mixture down the center of each tortilla in a straight line (you may have some chicken filling left over!) Roll up each tortilla tightly so that it resembles a cylinder with the filling inside. Place on a lightly greased baking tray in a single layer, fold-side down. Pop in the hot oven and bake until golden and starting to crisp, 10-12 minutes.

3. CORN SALAD Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until starting to char, 5-6 minutes (shifting occasionally). Remove from the pan and place in a bowl. Toss with the peppers, ½ the coriander, the spring onion greens, the salad leaves, and season.

4. GUACAMOLE TIME! Place the avocado in a bowl and roughly mash to the desired guacamole consistency. Season and set aside.

5. 'QUITO' DIET! Pile up the chicken & jalapeño taquitos. Side with the charred corn salad. Serve with the guacamole for dunking. Side with any remaining chicken filling. Sprinkle over the remaining coriander. Well done, Chef!