



UCOOK

Crumbed Chicken Tacos

with charred corn & pickled jalapeños

Taco 'bout a tasty dinner, Chef! Toasted tortillas are layered with crispy crumbed chicken slices, fresh greens, sweet pops of corn, a spicy hit of pickled jalapeños, & a special UCOOK sweet chilli cream sauce.

Hands-on Time: 15 minutes

Overall Time: 15 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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Ingredients & Prep

50g	Corn
80ml	Sweet Chilli Cream Sauce <i>(40ml Sour Cream, 30ml Mayo & 10ml Thai Sweet Chilli Sauce)</i>
1	Crumbed Chicken Breast
3	Wheat Flour Tortillas
40g	Green Leaves <i>rinse & shred</i>
10g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
3g	Fresh Coriander <i>rinse & roughly chop</i>

From Your Kitchen

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

1. CORN & SOME PREP 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 small bowl, loosen the sour cream mix with water in 5ml increments until drizzling consistency and season.

2. CRUMBED CHICKEN Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Slice just before serving.

3. TOAST Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

4. TACO NIGHT Top the toasted tortillas with shredded salad leaves, the charred corn, the chicken slices, the chopped jalapeños, drizzle over the sweet chilli cream sauce, and garnish with the chopped coriander. Savour your masterpiece, Chef!



Chef's Tip

Air fryer method: Air fry the crumbed chicken at 200°C until crispy and warmed through, 3-5 minutes. Remove from the air fryer, slice, and season.

Nutritional Information

Per 100g

Energy	870kJ
Energy	208kcal
Protein	9.1g
Carbs	33g
of which sugars	3.4g
Fibre	1.8g
Fat	8.2g
of which saturated	2.6g
Sodium	357mg

Allergens

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

Eat
Within
2 Days