



# UCOOK

## Waterkloof's Chicken Tacos

**with homemade guacamole & coriander sour cream**

Let's give the dinner table something to taco 'bout tonight, Chef! This will be between mouthfuls of mouthwatering Mexican chicken tacos, bringing layers of charred corn, lemony cabbage slaw, spicy chicken mince, dollops of coriander sour cream sauce, a jalapeño's kick, and loaded guacamole - all nestled between toasted tortillas.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Waterkloof Wine Farm

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 Fan Faves

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 Waterkloof | False Bay Chenin Blanc

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## Ingredients & Prep

400g	Cabbage <i>rinsed &amp; thinly sliced</i>
80ml	Lime Juice
2	Onions <i>peeled, ½ finely diced &amp; ½ finely sliced</i>
600g	Free-range Chicken Mince
40ml	Mexican Spice
200g	Corn
2	Avocados
2	Tomatoes <i>rinsed &amp; roughly diced</i>
10g	Fresh Coriander <i>rinsed, picked &amp; finely chopped</i>
125ml	Sour Cream
12	Corn Tacos
60g	Sliced Pickled Jalapeños <i>drained &amp; roughly chopped</i>

## From Your Kitchen

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

**1. ZESTY CABBAGE SLAW** To a bowl, add the sliced cabbage. Toss through ½ the lime juice, a drizzle of oil, and seasoning. Set aside.

**2. MEXICAN MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sliced onion until golden, 6-7 minutes (shifting occasionally). Add the mince and the Mexican spice, working quickly to break the mince up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Season and remove from the pan. Cover and set aside.

**3. CHARRED CORN** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

**4. MAKE THE GUACAMOLE** Halve the avocados and remove the pips. Scoop the avocado flesh into a bowl and mash with a fork. Mix through the diced tomato, the diced onion (to taste), ½ the chopped coriander, the remaining lime juice (to taste), and seasoning.

**5. SOUR CREAM SAUCE** In a small bowl, combine the sour cream with the remaining coriander, a drizzle of oil, and seasoning. Set aside.

**6. TOASTY 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. You'll need to do this step in batches, stacking the heated ones under a dry tea towel as you go to stop them from drying out.

**7. FANTASTIC FILLING** Lay down the tortillas and fill with the limey cabbage, the chicken and onion mixture, the jalapeños (to taste), dollops of guac, and the charred corn. Smear with the coriander sour cream. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	555kJ
Energy	133kcal
Protein	5.5g
Carbs	13g
of which sugars	2.3g
Fibre	3g
Fat	6.8g
of which saturated	1.8g
Sodium	125mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 1  
Day