



UCOOK

Mexican Chicky Jacket Potatoes

with shredded BBQ chicken & fresh guacamole

Fluffy warm baked potatoes topped with tender shredded chicken, jewels of corn, sweet BBQ sauce, vibrant green guacamole, crispy onions and a ranch dressing. Mouth-wateringly good!

Hands-On Time: 25 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Jeannette Joynt

 Easy Peasy

 Niel Joubert | Sauvignon Blanc

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Ingredients & Prep

600g	Potato <i>rinsed</i>
30ml	NOMU Mexican Spice Blend
247,5ml	Ranch Dressing <i>(180ml Low Fat Plain Yoghurt, 60ml Buttermilk & 7,5ml Dijon Mustard)</i>
12g	Fresh Chives <i>rinsed & roughly chopped</i>
3	Free-range Chicken Breasts
120ml	BBQ Sauce
60g	Green Leaves <i>rinsed & finely shredded</i>
150g	Corn
120g	Guacamole
30ml	Crispy Onions

From Your Kitchen

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

1. BAKE BABY, BAKE! Preheat the oven to 220°C. Line a baking tray with tinfoil and lightly grease. Cut the rinsed potato in half lengthways and place on the tray – don't remove the skin! Coat in oil, season, and turn cut-side down. Bake in the hot oven for 40-45 minutes until the flesh is soft and the skin is crispy.

2. BACK AT THE RANCH Boil the kettle. Place a small pot over a medium heat with 40ml of oil. When hot, fry the rub (to taste) for 30-60 seconds until fragrant, shifting constantly. Add the ranch dressing and $\frac{3}{4}$ of the chopped chives. Once well combined, remove the pot from the heat. Pop on a lid and set aside to keep warm until serving.

3. NICE A-POACH Pat the chicken dry with a paper towel. Fill a pot with boiling water. Once simmering, lower the chicken into the water and leave to poach for 10-12 minutes until cooking through. Remove from the water and place on a cutting board. Using two forks (one to secure the chicken and the other to shred), gently shred the chicken and place in a bowl. Add the BBQ sauce, seasoning, and mix until fully coated. Cover to keep warm until serving.

4. ALMOST THERE... Once the potatoes are cooked, carefully spoon the flesh into a bowl without breaking the skin, and fluff up with a fork. Mix in a small knob of butter and some seasoning, and return to the skins.

5. PUT YOUR JACKETS ON! Top the buttery potato halves with the shredded green leaves and the shredded BBQ chicken. Drizzle over the ranch dressing, sprinkle over the corn, and dollop on the guac. Garnish with the crispy onions and the remaining chives. Serve any remaining fillings on the side and enjoy, Chef!



Chef's Tip

If you would prefer the corn to be charred, fry in a hot pan with a drizzle of oil for 4-5 minutes until charred.

Nutritional Information

Per 100g

Energy	474kj
Energy	113Kcal
Protein	7.9g
Carbs	11g
of which sugars	2.2g
Fibre	1.8g
Fat	4.1g
of which saturated	0.9g
Sodium	4mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days