

UCOOK

Mini Chicken Tacos

with corn & **NOMU Mexican Rub**

Once you've made these mini chicken tacos, you will want to turn #TacoTuesday into a meal from Monday to Sunday! That's because of the mind-blowing combination of golden mini chicken fillets, pops of sweet yellow corn, tangy tomato passata sauce & Mexican spices. All perfectly packaged in lightly toasted roti! #ForgetTheForks

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 ***NEW Simple & Save**

 **Waterkloof | False Bay Chenin Blanc**

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Ingredients & Prep

150g	Free-range Chicken Mini Fillets
1	Onion <i>½ peeled & roughly diced</i>
40g	Corn
7,5ml	NOMU Mexican Spice Blend
100g	Tomato Passata
4	Cocktail Rotis
20g	Green Leaves <i>rinsed & gently shredded</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. IT ALL STARTS WITH A PAN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chicken mini fillets for 1-2 minutes per side until golden and cooked through. Remove from the pan and cut into chunks.

2. FOR THE FILLING Return the pan to a medium-high heat with a drizzle of oil. When hot, add the diced onion and the corn and fry for 3-4 minutes until soft, shifting occasionally. Add the spice blend and fry for 1-2 minutes until fragrant, shifting constantly. Pour in the tomato passata and 50ml of water. Simmer for 8-10 minutes until slightly reduced. In the final 1-2 minutes, add the chicken chunks. Season with salt, pepper, and a sweetener of choice.

3. READY THE ROTIS Place a pan over medium heat. When hot, warm the rotis for 30-60 seconds per side until heated through and lightly toasted. Alternatively, spread them out on a plate in a single layer and heat up in the microwave for 30-60 seconds.

4. TIME TO TACO Top each roti with the shredded green leaves, and the tomato, chicken & corn sauce. Fold up and enjoy, Chef!

Nutritional Information

Per 100g

Energy	494kJ
Energy	118kcal
Protein	9.3g
Carbs	15g
of which sugars	3.8g
Fibre	1.7g
Fat	2.3g
of which saturated	0.5g
Sodium	271mg

Allergens

Gluten, Dairy, Allium, Wheat, Soy

Cook
within 2
Days