Eat Within 3 Days

UCOOK

Mexican Chicken & Jalapeño Taquitos

with homemade guacamole

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	650kJ	4639kJ
Energy	156kcal	1110kcal
Protein	7.9g	56.7g
Carbs	14g	103g
of which sugars	1.8g	13g
Fibre	3.7g	26.3g
Fat	7.7g	54.8g
of which saturated	2.2g	16.1g
Sodium	233mg	1666mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Free-range Chicken Breasts
45ml	60ml	NOMU Taco Mex Mix
150ml	200ml	Sour Cream
3	4	Spring Onions *rinse, trim & finely slice, keeping the white & green parts separate*
45g	60g	Sliced Pickled Jalapeños *drain & roughly chop*
15	20	Wheat Flour Tortillas
150g	200g	Corn
180g	240g	Black Beans *drain & rinse*
30g	40g	Piquanté Peppers *drain & roughly chop*
8g	10g	Fresh Coriander *rinse & pick*
60g	80g	Salad Leaves *rinse & roughly shred*
2	2	Avocados *cut in half*

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Butter
Paper Towel

1. CHICKEN Preheat the oven to 200°C. Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and season. When hot, fry the chicken on one side until golden, 4-5 minutes. Flip, cover with the lid, and fry until cooked through, 4-5 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter and NOMU rub. Remove from the pan. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway).

2. CHICKEN & JALAPEÑO Use two forks (one to secure the chicken and the other to shred) and gently shred the chicken. Place in a bowl and combine with the sour cream, spring onion whites, jalapeños (to taste), and season (to taste).

3. GET ROLLIN' Place the tortillas in a single layer on a chopping board. Place 1-2 tbsp of the chicken mixture down the centre of each tortilla in a straight line from top to bottom (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 oven and bake until golden and starting to crisp, 10-12 minutes.

4. 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). In the final 2-3 minutes, add the beans. Remove from the pan and place in a bowl. Toss with the peppers, ½ the coriander, spring onion greens, and salad leaves.

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

6. 'QUITO' DIET! Pile up the chicken and 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!

Chef's Tip