



UCOOK

Tasty Chicken & Jalapeño Taquitos

with guacamole & fresh coriander

UCOOK's take on classic taquitos! Chicken, jalapeño relish, and cream cheese are stuffed into tortillas, before being baked to crisp perfection in a hot oven and sided with vibrant green guacamole and a charred corn salad. Not only will your taste buds thank you, but so will your eyes!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Thea Richter

Adventurous Foodie

Waterford Estate | Waterford MCC

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Ingredients & Prep

300g	Free-range Chicken Mini Fillets
15ml	NOMU Spanish Rub
125ml	Cream Cheese
1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
30ml	Jalapeño Relish
10	Wheat Flour Tortillas
100g	Corn
40g	Pickled Bell Peppers <i>drain & roughly chop</i>
5g	Fresh Coriander <i>rinse, pick and dry</i>
40g	Salad Leaves <i>rinse</i>
1	Avocado

From Your Kitchen

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

1. CHICKEN & JALAPEÑO Preheat the oven to 200°C. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the chicken mini fillets until golden and cooked through, 1-2 minutes per side. During the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan, place on a chopping board, and roughly chop. Place in a bowl along with the cream cheese, the spring onion whites, the jalapeño relish (to taste), and seasoning. Mix until combined.

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

3. CORN SALAD Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan and place in a bowl. Toss with the chopped peppers, ½ the picked coriander, the spring onion greens, the rinsed salad leaves, and seasoning.

4. GUACAMOLE TIME! Halve and peel the avocado and place in a bowl. Roughly mash to the desired guacamole consistency. Season.

5. 'QUITO' DIET! Pile up the chicken & 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!

Nutritional Information

Per 100g

Energy	710kJ
Energy	170kcal
Protein	9.2g
Carbs	15g
of which sugars	2.5g
Fibre	3.1g
Fat	8.4g
of which saturated	3.4g
Sodium	244mg

Allergens

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

Eat
Within
3 Days