



UCOOK

Fusion Chicken Taco Bowl

with **crispy poppadoms**

What a wonderful time to be a Chef, Chef! Fusing different global cuisines is a real privilege we have as modern cooks. Today we'll be merging mouthwatering Mexican ingredients with a crispy Indian twist. On top of chipotle sauce-covered chicken, charred corn, tangy tomato & guac comes puffed poppadoms as your tasty taco stand-in. Finished with a sour cream drizzle.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jade Summers

Carb Conscious

Stettyn Wines | Stettyn Family Range Rosé
Chardonnay Pinot Noir 2023

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Ingredients & Prep

50g	Corn
30ml	Sour Cream
1	Onion <i>peel & roughly dice ¼</i>
10g	Chipotle Chillies In Adobo
20ml	Tomato Paste
150g	Free-range Chicken Mini Fillets
2	Poppadoms
10g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
1	Tomato <i>rinse, deseed & roughly dice</i>
1 unit	Guacamole
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. CORN & SOUR CREAM Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. In a separate bowl, loosen the sour cream with water in 5ml increments until drizzling consistency.

2. CHIPOTLE SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the chipotle chillies (to taste), the tomato paste, and 100ml of water. Simmer until thickened, 8-10 minutes.

3. SPICY CHICKEN Place a clean pan on medium-high heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and add to the chipotle sauce.

4. CRISPY POPPADOMS Return the pan, wiped down, to medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over. Keep flipping until golden and puffed up.

5. FANTASTIC FUSION Bowl up the spicy chicken. Top with the charred corn, the diced jalapeños, the diced tomato, and the guacamole. Crumble over the crispy poppadoms, garnish with the chopped coriander, and drizzle over the sour cream. Enjoy!

Nutritional Information

Per 100g

Energy	416kJ
Energy	99kcal
Protein	6.7g
Carbs	8g
of which sugars	2.6g
Fibre	2.5g
Fat	4.6g
of which saturated	0.6g
Sodium	162mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
3 Days