



UCOOK

Chipotle Strawberry Chicken

with flour tortillas, green leaves & sour cream

We all know the well-known combos: strawberries & cream, strawberries & champagne, strawberries & chocolate. So, let's impress with an unexpected food pairing. Like chipotle chillies, strawberries & BBQ sauce! Add this wow-factor over shredded chicken with avo & sour cream, and you've got yourself a first-rate feast!

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Kate Gomba

 Adventurous Foodie

 Domaine Des Dieux | Rose of Sharon Rosé
MCC 2013

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Ingredients & Prep

300g	Free-range Chicken Mini Fillets
1	Onion <i>peel & roughly slice</i>
20g	Chipotle Chillies In Adobo <i>roughly chop</i>
200g	Strawberries <i>thaw</i>
100ml	BBQ Sauce
4	Wheat Flour Tortillas
1	Avocado
100ml	Sour Cream
5g	Fresh Coriander <i>rinse, pick & finely chop</i>
80g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. BROWN THE CHICKEN Place a pan over 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. You may need to do this step in batches. Remove from the pan. Using two forks, gently shred the chicken and season.

2. STRAWBERRY SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onions until turning golden and soft, 4-5 minutes. Add the chopped chillies (to taste) and the strawberries. Fry until fragrant, 2-3 minutes (pressing the strawberries down with the back of a wooden spoon). Mix in the BBQ sauce and 100ml of water. Simmer until reduced and thickening, 4-5 minutes. Mix in the shredded chicken, remove from the heat, and season.

3. TOAST Place a clean pan over medium heat. When hot, toast each tortilla until warmed through, 30-60 seconds per side.

4. SOME PREP Halve the avocado and remove the pip. Peel the skin off, keeping the flesh intact. Thinly slice the avocado. In a small bowl, combine the sour cream and the chopped coriander. Loosen with water in 5ml increments until drizzling consistency and season.

5. TIME TO ASSEMBLE Top the toasted tortillas with the shredded green leaves, the strawberry chicken, the avocado slices, and a drizzle of the sour cream. Wrap up and savour the flavours, Chef!

Nutritional Information

Per 100g

Energy	606kj
Energy	145kcal
Protein	6.6g
Carbs	17g
of which sugars	6.7g
Fibre	2.6g
Fat	5.9g
of which saturated	1.8g
Sodium	203mg

Allergens

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

Eat
within 3
Days