



# UCOOK

## Veggie Tacos & Jalapeño Salsa

with **On The Green Side** tenders

This tantalising taco features plant-based On The Green Side tenders that perfectly mimic the flavours of traditional chicken. A side of refreshing jalapeño and tomato salsa adds a tangy & spicy kick. To complete this veggie-packed dish, a creamy guac provides a luxurious, creamy contrast. Prepare to indulge in a truly delicious taco experience.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People

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**Chef:** Rhea Hsu

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 Veggie

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 Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc

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## Ingredients & Prep

|      |                                                                  |
|------|------------------------------------------------------------------|
| 2    | Tomatoes<br><i>1½ diced</i>                                      |
| 45g  | Sliced Pickled Jalapeños<br><i>drained &amp; roughly chopped</i> |
| 12g  | Fresh Coriander<br><i>rinsed &amp; picked</i>                    |
| 450g | On The Green Side<br>Tenders                                     |
| 9    | Corn Tortillas                                                   |
| 60g  | Green Leaves<br><i>rinsed &amp; roughly shredded</i>             |
| 120g | Guacamole                                                        |

## From Your Kitchen

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

**1. SALSA** In a small bowl, combine the diced tomato, the chopped jalapeños, 1/2 of the picked coriander, a drizzle of olive oil, and seasoning. Set aside.

**2. TENDERS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the tenders until browned and warmed through, 4-5 minutes (shifting occasionally). Remove from the pan, season, and roughly shred.

**3. TORTILLAS** Place the tortillas on a microwavable plate and sprinkle with droplets of water. Heat in the microwave for 30 seconds. Alternatively, place a clean pan over a medium heat. When hot, dry toast the tortillas until lightly crisped, 15 seconds per side.

**4. ASSEMBLE** Place the toasted tortillas on a plate. Top with the shredded green leaves, the shredded tenders, and the jalapeño & tomato salsa. Dollop over the guacamole and garnish with the remaining picked coriander. Finish off with a crack of black pepper. Enjoy, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 662kJ   |
| Energy             | 159kcal |
| Protein            | 9g      |
| Carbs              | 17g     |
| of which sugars    | 1.4g    |
| Fibre              | 3.9g    |
| Fat                | 6.3g    |
| of which saturated | 1.6g    |
| Sodium             | 79mg    |

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree  
Nuts, Soy

Cook  
within 1  
Day