



# UCOOK

## Crumbed Chicken Tacos

**with charred corn & pickled jalapeños**

Taco 'bout a tasty dinner, Chef! Toasted tortillas are layered with crispy crumbed chicken slices, fresh greens, sweet pops of corn, a spicy hit of pickled jalapeños, & a special UCOOK sweet chilli cream sauce.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Quick & Easy

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Deetlefs Wine Estate | Deetlefs Estate Chenin Blanc

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## Ingredients & Prep

|       |                                                                                                      |
|-------|------------------------------------------------------------------------------------------------------|
| 200g  | Corn                                                                                                 |
| 320ml | Sweet Chilli Cream Sauce<br><i>(160ml Sour Cream, 120ml Mayo &amp; 40ml Thai Sweet Chilli Sauce)</i> |
| 4     | Crumbed Chicken Breasts                                                                              |
| 12    | Wheat Flour Tortillas                                                                                |
| 160g  | Green Leaves<br><i>rinse &amp; shred</i>                                                             |
| 40g   | Sliced Pickled Jalapeños<br><i>drain &amp; roughly chop</i>                                          |
| 10g   | Fresh Coriander<br><i>rinse &amp; roughly chop</i>                                                   |

## From Your Kitchen

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

**1. CORN & SOME PREP** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside. In a small bowl, loosen the sour cream mix with water in 5ml increments until drizzling consistency and season.

**2. CRUMBED CHICKEN** Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed chicken until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season. Slice just before serving.

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

**4. TACO NIGHT** Top the toasted tortillas with shredded salad leaves, the charred corn, the chicken slices, the chopped jalapeños, drizzle over the sweet chilli cream sauce, and garnish with the chopped coriander. Savour your masterpiece, Chef!



## Chef's Tip

Air fryer method: Air fry the crumbed chicken at 200°C until crispy and warmed through, 3-5 minutes. Remove from the air fryer, slice, and season.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 870kJ   |
| Energy             | 208kcal |
| Protein            | 9.1g    |
| Carbs              | 33g     |
| of which sugars    | 3.4g    |
| Fibre              | 1.8g    |
| Fat                | 8.2g    |
| of which saturated | 2.6g    |
| Sodium             | 357mg   |

## Allergens

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

Eat  
Within  
2 Days