A2

DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Chicken tacos

Hard shell tacos filled with Mexican chicken, fresh veggies, creamy avocado and a dollop of sour cream.

30 MINUTES 2 SERVINGS CHICKEN

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	29g	38g

FROM YOUR BOX

RED CAPSICUM	1
LEBANESE CUCUMBER	1
SHALLOT	1
AVOCADO	1
CHICKEN MINCE	300g
TOMATO PASTE	1 sachet
TACO SHELLS	12-pack
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, ground cumin

COOKING TOOLS

frypan, oven tray

Break up the taco shells and use for nachos instead if you like!

Before you start cooking!
Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.



1. PREPARE THE FILLINGS

Set oven to 180°C.

Finely dice **capsicum**, **cucumber** and **1/2 shallot**. Arrange in bowls or on a serving plate.

tip *Add any extra fillings of your choice if you like such as corn or tomato!*



2. MAKE THE GUACAMOLE

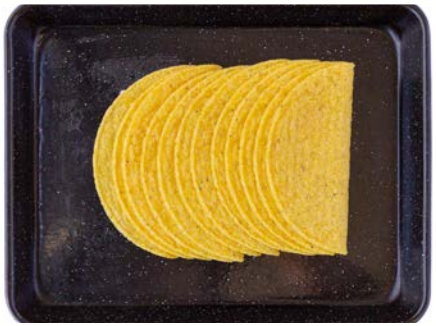
Mash **avocado** with **1-2 tsp olive oil** using a fork. Season with **salt** to taste.

tip *You can blend the avocado with 2-3 tbsp water for a smooth sauce!*



3. COOK THE CHICKEN

Heat a frypan with **oil** over medium heat. Slice remaining **shallot**. Add to pan with **chicken**, cook for 2 minutes. Stir in **tomato paste**, **1-2 tsp smoked paprika**, **1-2 tsp cumin** and **1/3 cup water**. Cook for 6-8 minutes. Season with **salt and pepper**.



4. WARM THE TACO SHELLS

In the meantime, warm the **taco shells** in the oven for 3-4 minutes.



5. FINISH AND SERVE

Assemble **tacos** at the table with **chicken**, **prepared fillings** and **sour cream**.