

for the
little ones

Chicken tacos



30 Minutes



2 Servings



Chicken

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

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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.

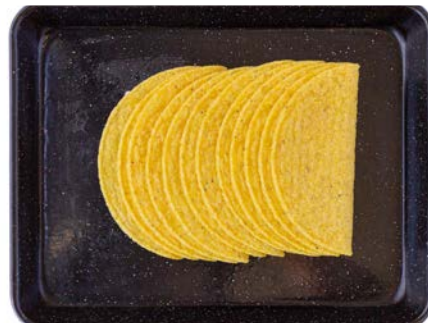


1. PREPARE the FiLLINGS

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!



4. WARM the taco SHELLS

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



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**.



5. FINiSh AND SERVE

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