

for the  
little ones

# Chicken tacos



30 Minutes



4 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
RED ONION	1
AVOCADO	1
CHICKEN MINCE	600g
TOMATO PASTE	2 sachets
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 1/8 red onion. 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. COOK the chicken

Add chicken, cook for 2 minutes then stir in tomato paste, **2-3 tsp smoked paprika**, **2-3 tsp cumin** and **1/2 cup water**. Cook for 6-8 minutes. Season with **salt and pepper**.

**tip** You can use a pre-made Mexican spice mix if you have one!



### 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!



### 5. WARM the taco shells

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



### 3. Saute the onion

Heat a frypan with **oil** over medium-high heat. Slice (or dice) remaining onion. Add to pan and cook for 2-3 minutes until softened.



### 6. finish AND serve

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