

for the  
little ones

# Chicken tacos



30 Minutes



4/6 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

	4 PERSON	6 PERSON
RED CAPSICUM	1	2
LEBANESE CUCUMBER	1	2
RED ONION	1	1
AVOCADO	1	2
CHICKEN MINCE	600g	600g + 300g
TOMATO PASTE	2 sachets	3 sachets
TACO SHELLS	1 packet	2 packets
SOUR CREAM	1 tub	2 tubs

## 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, 3-4 tsp smoked paprika, 3-4 tsp cumin** and **1/2 cup water**. Cook for 6-8 minutes. Season with **salt and pepper**.

**6P** - increase spices to taste and use **3/4-1 cup water**.



### 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 red 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**.