A

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 4/6 SERVINGS CHICKEN

Per serve 4/6 person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g/38g	19g/22g	38g/40g

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	12-pack	2 x 12-pack
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!*



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. SAUTE THE ONION

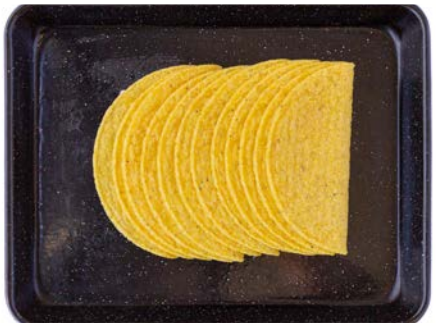
Heat a frypan with **oil** over medium-high heat. Slice (or dice) **remaining red onion**. Add to pan and cook for 2-3 minutes until softened.



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 - use 1 tbsp each of smoked paprika and cumin, or more to taste and use 3/4 cup water.



5. WARM THE TACO SHELLS

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



6. FINISH AND SERVE

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