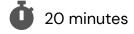






Crunchy Chicken Tacos

Hard shell tacos filled with Mexican chicken mince, fresh fillings and a dollop of yoghurt served with corn on the cob. A speedy weeknight dinner that everyone will love!





2 servings



DIY Tacos!

Bring all the fillings to the table so everyone can build their own. Lay out any extras like grated cheese, avocado, pickled jalapeños or hot sauce!

PROTEIN TOTAL FAT CARBOHYDRATES 85g

FROM YOUR BOX

CORN COB	1
BABY COS LETTUCE	1
RED CAPSICUM	1
SHALLOTS	2
CHICKEN MINCE	250g
TOMATO PASTE	1 sachet
TACO SHELLS	12-pack
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan

NOTES

You can use a pre-made Mexican spice mix if you have one, or leave the spices out if preferred.



1. COOK THE CORN

Set oven to 180°C.

Heat a frypan over high heat. Cut corn into cobettes, coat with **oil**, **salt and pepper**. Cook, turning occasionally, for 8-10 minutes until charred.



2. PREPARE THE FILLINGS

Meanwhile, finely shred lettuce leaves, finely dice capsicum and <u>1 shallot</u>. Set aside.



3. COOK THE CHICKEN

Slice remaining shallot. Add to pan over medium-high heat with oil. Cook for 2 minutes until softened. Add chicken, tomato paste, 1/2 tbsp paprika, 1/2 tbsp cumin and 1/2 cup water (see notes). Cook for 8 minutes. Season with salt and pepper.



4. WARM THE TACO SHELLS

Warm the taco shells in the oven for 3-4 minutes.



5. FINISH AND SERVE

Assemble tacos at the table with chicken, fillings and yoghurt. Serve with corn on the side.



