



Product Spotlight: Natural Yoghurt

Natural yoghurt contains good bacteria, known as "Probiotics", which can aid digestion and support a healthy digestive tract!



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!



20 minutes



4 servings



Chicken

22 September 2023

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!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	12g	44g

FROM YOUR BOX

CORN COBS	2
BABY COS LETTUCE	1
RED CAPSICUM	1
RED ONION	1
CHICKEN MINCE	500g
TOMATO PASTE	2 sachets
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 cobbettes, coat with **oil, salt and pepper**. Cook, turning occasionally, for 8-10 minutes until charred.



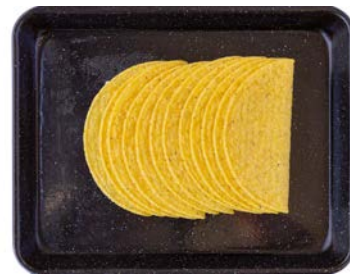
2. PREPARE THE FILLINGS

Meanwhile, finely shred lettuce leaves, finely dice capsicum and 1/4 red onion. Set aside.



3. COOK THE CHICKEN

Slice remaining onion. Add to pan over medium-high heat with **oil**. Cook for 2 minutes until softened. Add chicken, tomato paste, **1 tbsp paprika, 1 tbsp cumin** and **1 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.



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