



Product Spotlight: Corn Tortillas

La Tortilla uses whole corn kernels to make their tortillas; this gives a more natural corn flavour.



Tex Mex Shredded Chicken Tacos

Soft corn tortillas filled with pulled Mexican chicken, lettuce, tomato and pickled onion with a dollop of sour cream.



30 minutes



2 servings



Chicken

Add your favourites!

You can add some pickled jalapeños, avocado or grated cheese to the tacos if you have some! If you like a bit of spice, add some cayenne pepper or hot sauce to the chicken.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	49g	28g	78g

FROM YOUR BOX

RED ONION	1
LIME	1
TOMATO PASTE	1 sachet
MEXICAN SPICE MIX	1 packet
CHICKEN SCHNITZELS	300g
BABY COS LETTUCE	1
TOMATO	1
CORN TORTILLAS	8-pack
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, sugar (of choice), apple cider vinegar

KEY UTENSILS

small frypan, frypan with lid

NOTES

Keep the tortillas warm by wrapping in a clean tea towel until serving.

Mexican spice mix: smoked paprika, ground cumin, dried oregano.



1. PICKLE THE ONION

Thinly slice **red onion**.

Combine **1/4 red onion** (reserve remaining) with **1/2 lime juice** (wedge remaining), **1 tbsp vinegar**, **1 tbsp sugar** and **1 tsp salt** in a non metallic bowl. Set aside.



2. SAUTÉ THE AROMATICS

Heat a large frypan over medium heat with **2 tbsp oil**. Add remaining **sliced red onion**. Cook for 3-4 minutes until softened. Stir in **tomato paste** and **spice mix**. Cook for 1 minute until fragrant.



3. SIMMER THE CHICKEN

Stir in **1/2 cup water** until combined. Add **chicken** to pan. Cover and cook for 10 minutes, turning half way (see step 5).



4. PREPARE THE FILLINGS

Shred **lettuce** and dice **tomato**.

Warm **tortillas** in a dry frypan over medium-high heat for 10 seconds each side. Set aside and keep warm (see notes).



5. PULL THE CHICKEN

Remove **chicken** from pan. Keep pan on heat and simmer sauce uncovered until reduced. Use two forks to shred or finely slice the **chicken**. Return to **sauce** and season with **salt and pepper**.



6. FINISH AND SERVE

Assemble **tacos** at the table with **chicken**, **lettuce**, **tomatoes**, **pickled onion** and **sour cream**. Serve with **lime wedges**.



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