



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



4/6 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
4/6 Person:	46g	22g	65g/71g

FROM YOUR BOX

	4 PERSON	6 PERSON
RED ONION	1	2
LIME	1	2
TOMATO PASTE	2 sachets	3 sachets
MEXICAN SPICE MIX	1 packet	2 packets
CHICKEN SCHNITZELS	600g	600g + 300g
BABY COS LETTUCE	1	2-pack
TOMATOES	2	3
CORN TORTILLAS	12-pack	12pk + 8pk
SOUR CREAM	1 tub	2 tubs

FROM YOUR PANTRY

oil for cooking, olive oil, 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.



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1. PICKLE THE ONION

Thinly slice **red onion**.

Combine 1/2 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.

6P - combine 1 red onion (reserve remaining) with lime juice of 1 lime (wedge remaining), 2 tbsp vinegar, 2 tbsp sugar and 2 tsp salt.



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).



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.



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**.



3. SIMMER THE CHICKEN

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

6P - stir in 1 1/2 cup water until combined.



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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