

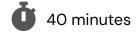




Chicken Taquitos

with Tzatziki

Crispy golden Greek-inspired taquitos. Filled with shredded spiced chicken, served with creamy tzatziki and topped with a vibrant tomato-chilli salad.







Switch it up!

Air fry or bake the taquitos (200°C for 10-15 mins) instead of pan-frying for a lighter, hands-free option.

PROTEIN TOTAL FAT CARBOHYDRATES

37g

26g

82g

FROM YOUR BOX

NATURAL YOGHURT	170g
CHICKEN SCHNITZELS	600g
LEBANESE CUCUMBERS	2
DILL	1 packet
LEMON	1
RED CHILLI	1
GARLIC	2 cloves
SHALLOT	1
TOMATOES	2
WRAPS	8-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, dried oregano

KEY UTENSILS

large frypan, oven dish

NOTES

For extra flavour, pickle chilli in a bowl with honey, apple cider vinegar and salt.

Add shredded or grated cheddar or mozzarella cheese, or crumbled feta or goat cheese to the taquitos.

You can use toothpicks to keep the taquitos tightly rolled while cooking. Remove toothpicks before serving.

No gluten option - wraps are replaced with gluten free wraps. Halve taquitos at step 4 before cooking at step 5.



1. COOK THE CHICKEN

Set oven to 220°C.

Add 1 1/2 tbsp yoghurt to a bow along with 1 tsp paprika, 1 tsp oregano, 1 1/2 tbsp oil salt and pepper. Add chicken and coat well. Add to a lined oven dish. Bake for 10-15 minutes until chicken is cooked through.





4. MAKE THE TAQUITOS

Use two forks to shred **chicken**. Divide even amounts among of **chicken** among **wraps** (see notes). Tightly rolls wraps so filling is enclosed.



2. MAKE THE TZATZIKI

Grate **cucumber** and squeeze out excess moisture. Finely chop **dill**, including tender stems, and zest **lemon**. Add to a bowl along with remaining **yoghurt**. Season with **salt and pepper** and mix to combine.



3. MAKE THE SALAD

Finely chop **chilli** (see notes) and set aside. Crush **garlic**, and dice **shallot** and **tomato**. Add to a bowl along with **2 tsp olive oil** and juice from 1/2 lemon (wedge remaining). Season with **salt and pepper** and mix to combine.



5. COOK THE TAQUITOS

Heat a large frypan over medium-high heat with **oil**. Add **taquitos**, in batches if necessary, and cook for 3–5 minutes, turning, or until golden and crispy.



6. FINISH AND SERVE

Serve **taquitos** on a platter with **salad** and **tzatziki**. To eat, dip taquitos into tzatziki and top with salad.

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