

# Chicken Taquitos

## with Avocado Cream

hellóchef

A taquito is a Mexican food that consists of a stuffed, rolled up tortilla wrap which is most commonly deep-fried. For ease, ours are baked!

Cals 1090 • Prot 77 • Carbs 102 • Fat 51

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🕒 cook: 35 min

R2663





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Pulled chicken	2 ppl	3 ppl	4 ppl	
Chicken breast	400	500	600	Grams
Red onion	1	2	2	Piece
Yellow pepper	1	2	2	Piece
Vegetable oil	1	1	2	Tbsp
Salt	1	1	2	Tsp
Chipotle powder	2	4	4	Grams
Cumin powder	2	4	4	Grams
Soy sauce <b>9*</b> , <b>10*</b> , <b>11*</b>	20	30	40	ML
Tomato paste	30	50	70	Grams
Water	80	120	160	ML
Grated cheddar <b>4*</b>	60	90	120	Grams
Wholewheat tortilla wraps <b>10*</b> , <b>11*</b>	4	6	8	Piece
Toppings				
Avocado	1	2	2	Piece
Lime	2	3	4	Piece
Sour cream <b>4*</b>	60	90	120	Grams
Salt	0.5	1	1	Tsp
Tomatoes	1	2	2	Piece

Allergens

\*9 Soya, \*10 Wheat, \*11 Gluten, \*4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4560 / 1090
Fat (g)	51
of which saturates (g)	22.9
Carbohydrate (g)	102
of which sugars (g)	11.5
Fiber (g)	26.9
Protein (g)	76.5
Salt (g)	4.5

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep vegetables

Preheat the oven to 200°C/180°C. Peel and finely slice the **red onion**. De-seed and finely slice the **yellow pepper**.



2 Fry chicken and vegetables

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Once hot, add the **chicken breast, pepper** and **onion** with a pinch of **salt** and cook for 5-6 min or until the **chicken** is golden.



3 Simmer

Once golden, reduce the heat to medium-low, add the **chipotle powder (spicy!), cumin powder, soy sauce, tomato paste** and **measured water** to the pan, cover with a lid and cook for 10 min further.



4 Pull chicken

Once the **chicken** is cooked, remove the pan from the heat and, using two forks, pull the **chicken** until it's fully shredded. Add the **grated** cheese to the pan and give everything a good mix up.



5 Roast taquitos

Divide the **chicken** mixture between the **tortilla wraps**. Roll the stuffed **tortilla wraps** up tightly and arrange them on an oiled baking tray, seam-side down. Drizzle generously with **vegetable oil** and roast in the oven for 15 min or until crisp – these are your **taquitos**.



6 Prep avocado cream

Meanwhile, cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin and add it to a food processor with the juice of the **limes**, the **sour cream** and a pinch of **salt**. Blitz until smooth. De-seed and chop the **tomato** finely. Drizzle the **avocado cream** over the **taquitos** and garnish with the **tomato**.