

Chicken Tinga Tacos

with Pico de Gallo and Guacamole

hellóchef

Tinga is a Mexican stew made from chicken, cooked in tomatoes!

Cals 799 • Prot 47 • Carbs 82 • Fat 34

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🕒 cook: 20 min

R3208



Before you start

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

Ingredients

Chicken Tinga	2 ppl	3 ppl	4 ppl	
Pulled chicken	300	300	600	Grams
Garlic cloves	1	2	2	Piece
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Taco seasoning	10	10	20	Grams
Smoked paprika powder	2	2	4	Grams
Chipotle powder	2	2	4	Grams
Tomato passata	200	200	500	Grams
Honey	15	15	30	Grams
Chicken stock cube 4*, 5*, 9*, 15*	0.5	0.5	1	Piece
Pico de Gallo				
Red onion	1	1	2	Piece
Tomatoes	1	2	2	Piece
Fresh coriander	15	15	15	Grams
Lime	1	1	2	Piece
Salt	0.5	0.5	1	Tsp
To serve				
Avocado	1	2	2	Piece
Salt	0.5	0.5	1	Tsp
6" tortilla wraps 10*, 11*	6	9	12	Piece

Allergens

*4 Milk, *5 Eggs, *9 Soya, *15 Celery, *10 Wheat, *11 Gluten

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)	3344 / 799
Fat (g)	34.3
of which saturates (g)	6.7
Carbohydrate (g)	82
of which sugars (g)	17.1
Fiber (g)	14.7
Protein (g)	47.1
Salt (g)	6.8

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



1 Make pico de gallo

Peel and finely dice the **onion**. Finely dice the **tomatoes**. Finely chop the **coriander** leaves. Combine half of the **onion** and (reserve the rest of the **onion** for the **chicken**), the **tomatoes** and **coriander** in a bowl with half of the **lime** juice and a generous pinch of **salt**. Set aside.

Tip! If cooking for kids, keep a portion of the tomatoes aside before adding the onion, coriander and lime.



2 Start tinga

Peel and mince the **garlic**. Heat a large pan over a medium heat with a drizzle of **oil**. Once hot, add the remaining **onions** with a pinch of **salt** and cook for 5-6 min until softened. Add the **garlic**, **taco seasoning**, **smoked paprika powder** and the **chipotle powder (spicy!)** and cook for 1 min further.



3 Simmer

Add the **pulled chicken**, **tomato passata**, **honey** and [0.5/0.5/1] **stock cube**. Simmer for 5 min.

Tip! If cooking for kids, reserve a portion of the plain chicken and cook it separately.



4 Make guacamole

Meanwhile, slice the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon. Add it to a bowl. Add the remaining **lime** juice. Mash the **avocado** with a fork, leaving some bits chunky. Season with a pinch of **salt**. Set aside.

Tip! Become an avocado ripening pro! If your avocado's still hard but you plan to use it the next day, put it in a brown paper bag with an apple or a banana.



5 Serve

Warm the **tortillas** in a pre-heated oven or microwave. Assemble the **tacos** by topping the **tortillas** with the **chicken tinga**, **guacamole**, and finally the **pico de gallo**.

Tip! Serve the tortillas separately with the plain chicken, guacamole and pico de gallo on the side.