

Baked Cheesy Chicken Taquito with Zesty Salad

Taquitos are a traditional Mexican street food which are normally deep fried. We didn't think that a deep fat fryer was something we could expect everyone to have in their kitchen cupboard, so we've baked them instead which is also a lot more healthy! They should crisp nicely in the oven while the cheesy centre melts... get excited because they're delicious!





Chicken Breast (4)



1ion (1)





Cheddar Cheese (60g)







Mexican Spice (1½ tsp)



Baby Spinach (1 bag)

Sour Cream (1 pot)

Corn Tortilla (8)

Vine Tomato (2)

Baby Gem Lettuce (2)

4 PEOPLE INGREDIENTS

- Chicken Breast
- •Onion, chopped
- Cheddar Cheese
- Lime
- Mexican Spice

Allergens: Gluten, Milk.

Nutrition as per prepared and listed ingredients ······							
	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
	445 kcal / 1872 kJ						
	114 kcal / 481 kJ						

4

1

1

60g

1½ tsp









Lay a **chicken breast** on the chopping board, place your hand flat on top and slice it all the way through from the side, so that there are two thin halves. Repeat for the other **chicken breasts**. Now slice each half into thin strips and then cut the strips into small 1cm cubes. **Tip:** *Slicing the chicken in half first means you will be able to cut very small pieces of chicken.*

Pre-heat your oven to 200 degrees. On a separate chopping board, cut the **onion** in half through the root, peel and chop into roughly ½cm pieces. Grate the **cheddar cheese**. Grate the **lime zest** on the fine side of the grater.

⁵ Put a frying pan on medium heat and add a drizzle of **oil** and your **onion**. Cook for 5 mins until your **onion** is soft (don't worry if it's slightly browned), then add your **chicken** to the pan. Sprinkle in your **lime zest**, **Mexican Spice**, a pinch of **salt** and a good grind of **black pepper** and cook for 6-7 mins until your **chicken** is slightly browned and cooked through. **Tip:** *The chicken is cooked when no longer pink in the middle*.

• Once your **onion** and **chicken** are cooked, put them in a large bowl and add the **baby spinach**. Stir into your **chicken mixture** (your spinach should wilt slightly) then add your **cheddar cheese** and **sour cream**. Mix together so everything is combined.

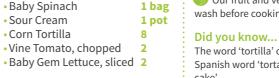
Line a large baking tray with baking paper (or tinfoil if you don't have any baking paper). Put a **tortilla** on your chopping board and arrange a couple of spoonfuls of your **chicken mixture** down the centre of the **tortilla** leaving 1cm empty at each end. Fold the two gaps at the ends of the line of **chicken mixture** into the centre, then fold the wrap over so you have an enclosed parcel. Repeat with the other tortillas... your **taquitos** are ready!

• Put each of your **taquitos** onto the baking tray, seam side down. Drizzle a little **oil** over them, then pop on the top shelf of your oven to cook for 10-15 mins or until slightly browned (but not burnt!).

In the meantime, chop the **tomatoes** into roughly 1cm pieces. Remove the root from the **baby gem lettuce** and cut into 1cm wide slices. Squeeze half the **lime juice** into a large bowl and pour in ½ tbsp of **olive oil** per person. Season with a pinch of **salt**, a good grind of **black pepper** and a good pinch of **sugar** (if you have some). Mix together with a fork, then add your **tomatoes** and **lettuce** to the bowl and mix together with your hands to give everything a good coating. Taste, and add more **lime juice** if you like things zesty!

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• When your **taquitos** are ready, remove them from your oven and serve two per person with your **salad** on the side. Enjoy!



The word 'tortilla' comes from the Spanish word 'torta' which means 'round cake'.