



### Product Spotlight: Avocado

Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact they are high in good fats which can actually help lower cholesterol!



## 4 Tempting Tacos with Chicken and Mashed Avocado

Grab your sombreros and get ready for a Mexican feast. Crispy tacos with chicken, salsa and fresh salad.....olé!

 25 minutes

 2 servings

 Chicken

7 January 2022

## Make nachos!

*Roughly chop the chicken, break up the taco shells and turn your tacos into nachos! Top with some cheese and have the salad on the side.*

## FROM YOUR BOX

SHALLOT	1
CHICKEN STRIPS	300g
SALSA	1 jar
TACO SHELLS	1 packet
AVODADO	1
TOMATO	1
GREEN CAPSICUM	1
BABY COS LETTUCE	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano, ground paprika (smoked or sweet)

## KEY UTENSILS

frypan, oven tray

## NOTES

Spice it up and add some dried chilli flakes or jalapeños to the onions as well.

If you have some sour cream or cheese in the fridge they would make lovely add ons to your Mexican feast.



### 1. COOK THE ONION

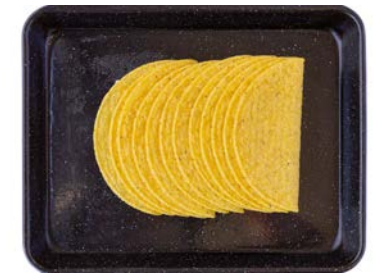
Set oven to 200°C.

Heat a frypan over medium-high heat with **oil**. Slice and add shallot with **1 tsp oregano and 1 tsp paprika** (see notes). Cook for 2 minutes until tender.



### 2. ADD THE CHICKEN

Add the chicken strips to the frypan. Cook for 3-4 minutes then add **1/4 jar** of salsa and **1/4 cup water**. Cook for further 4-5 minutes until quite dry. Season to taste with **salt and pepper**.



### 3. HEAT THE TACO SHELLS

Place taco shells on an oven tray and heat according to packet instructions.



### 4. PREPARE FRESH FILLINGS

Mash avocado with **1 tbsp olive oil, salt and pepper**. Slice tomato and capsicum, tear lettuce. Arrange on a serving plate.



### 5. FINISH AND SERVE

Take chicken, tacos, salad and remaining salsa to the table for individual construction (see notes).

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

