



# CRISPY CHICKEN TACO, CORN SALSA & SLAW

Serves 4 | Serves of Veg 4 | 0:20 Prep | 0:25 Cook



## NUTRITION PANEL

### NUTRITION INFORMATION

Servings per package: 5

Serving size: 400 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2530 kJ	632 kJ
Protein	31.3 g	7.8 g
Fat, total	17.4 g	4.4 g
- saturated	4.8 g	1.2 g
Carbohydrate	74.7 g	18.7 g
- sugars	14.9 g	3.7 g
Sodium	822 mg	206 mg

## SHOPPING LIST



Chicken Thigh



Self-Raising Flour



Corn



Red Onion



Lime



Sour Cream



Olive Oil



Salt & Pepper



Hot Sauce



Flour Tortilla



Tomato



Red Cabbage



Jalapeno



Honey



Apple Cider Vinegar

## SCAN HERE MORE RECIPE IDEAS



# Ingredients

- 2-3 skinless boneless chicken thighs sliced into 1cm thick pieces
- 4 tsp hot sauce\**see recipe notes*
- 1 heaped tbsp self-raising flour
- 10 pkt mini flour tortilla

## Corn Salsa

- 400g can corn kernels, drained
- 1 medium tomato, diced
- ½ red onion, diced
- Squeeze of lime juice

## Slaw

- ¼ head red cabbage
- 8 sliced green jalapeños
- 3 tbsp sour cream, reduced fat
- 1 tbsp Honey
- 1 tbsp Apple cider vinegar

## Pantry Staples

- olive oil
- salt & freshly ground black pepper
- 1 tbsp Apple cider vinegar

# Recipe Steps



1. In a bowl, toss **chicken** pieces with **hot sauce**, set aside.
2. For corn salsa: In a separate bowl, mixed drained **corn kernels, diced tomato, red onion**, & **squeeze of lime juice**, check seasoning. Tip: coriander lover? Add some now!
3. To make slaw: thinly slice **red cabbage**, adding to a large bowl, scrunch together for 30 seconds to slightly soften cabbage. Chop **drained jalapeños**, adding to cabbage along with **sour cream, honey, apple cider vinegar & pinch of salt**. Mix well.
4. Heat large fry pan to med-high heat, add drizzle of **olive oil**. Toss **marinated chicken pieces** with **self-raising flour** to loosely coat. Cook chicken in hot pan until crispy & cooked through, ~3-4 mins per side until golden. Tip: Avoid over-filling fry pan by cooking in batches.
5. To cook **flour tortilla**: 2 options; Dry Fry pan: once chicken is cooked, wipe out clean with paper towel & return to medium heat. Add flour tortilla turning until toasted. Microwave: follow packet instructions.
6. Assemble Taco: place a spoonful of the **corn salsa** on each tortilla, top with the **crispy chicken pieces**, & finish with a generous serving of the **slaw**. Serve with lime

## Recipe Notes

- **Recommended Hot sauces** Nando's Piri Sauce, Franks RedHot or Cholula Original
- **Great sides ideas** to compliment these tacos include chunky homemade chips, guacamole, zesty Mexican rice, bean salsa
- **Meat free?** simply swap out chicken thigh for cauliflower florets or steamed sweet potato, add some black beans for added protein