



SOUTHWESTERN CHICKEN TACOS WITH AVOCADO

Coated in smoked paprika and zesty lime, these Southwestern-spiced chicken tacos are the best meal to spice up your weeknight recipe repertoire. Serve with your favourite roast veggies and this creamy Avocado Cream

15 minutes

30 minutes

4 portions

INGREDIENTS

- 500 grams of chicken breast ,
- 1 tbsp of paprika (7 g)
- 2 cloves of garlic, minced (6 g)
- 1 tsp of chili powder (3 g)
- Juice of 1 lime
- 15ml of oil, olive
- 2 capsicums, diced
- 1 cup of black beans, drained, rinsed
- 2 cups shredded of lettuce/ baby spinach (72 g)
- 8 tortillas, warmed, ready to serve (192 g)
- 1 avocados, (for avocado cream)
- 50 grams of yoghurt, Greek, plain, (for avocado cream)
- 1/2 lime, juiced (for avocado cream)

COOKING METHOD

- 1° Preheat oven to 180 degrees.
- 2° Add paprika, garlic, chilli powder, lime juice and olive oil into a large mixing bowl. Mix to combine. Add in chicken and coat well.
- 3° Heat a frypan over high heat. Place chicken into pan and fry on each side for 4 minutes. Transfer to a baking dish and place into the oven. Bake for 10-15 minutes until chicken is cooked through. Remove from the oven and slice into strips. Place onto a serving plate and cover with foil to keep warm.
- 4° Wipe frypan that had the chicken in it clean. Add in capsicum, corn, black beans and paprika. Cook for 5 minutes, tossing regularly until veggies have softened.
- 5° To make the avocado cream, mash avocado into a bowl. Add in yoghurt, lime and a seasoning of salt and pepper and whip to combine.
- 6° Place the chicken, capsicum, corn, black beans, lettuce, tortillas and lime wedges out on the table. Have each person serve themselves, filling their tortillas with their favourite ingredients.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (392 g)	% DRI
ENERGY	112 kcal	438 kcal	22 %
FAT	4 g	14 g	22 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	11 %
CHOLESTEROL	23 mg	92 mg	31 %
SODIUM	50 mg	197 mg	8 %
CARBOHYDRATE	11 g	43 g	14 %
SUGARS	1 g	4 g	—
FIBER	3 g	12 g	49 %
PROTEIN	10 g	38 g	—