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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!

 30 mins

 family box

 healthy

 spicy

 2 of your 5 a day



Chicken Breast (4)



Onion (1)



Cheddar Cheese (60g)



Lime (1)



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 **4**
- Onion, chopped **1**
- Cheddar Cheese **60g**
- Lime **1**
- Mexican Spice **1½ tsp**
- Baby Spinach **1 bag**
- Sour Cream **1 pot**
- Corn Tortilla **8**
- Vine Tomato, chopped **2**
- Baby Gem Lettuce, sliced **2**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

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

Allergens: Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	445 kcal / 1872 kJ	15 g	7 g	37 g	8 g	41 g	2 g
Per 100g	114 kcal / 481 kJ	4 g	2 g	10 g	2 g	11 g	1 g

1



1 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.*

4



2 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.

3 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.*

4 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.

5



5 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!

6 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!).

6



7 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!

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

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!