



# DropChef Chicken Tacos with Fresh Salsa

Say hello to the star of your next taco Tuesday! These quick and easy chicken tacos are a perfect example of vibrant, colourful, and healthy Mexican cooking. We have kept these tacos very mild so as not to scare anyone away, but a splash of hot sauce would kick it up a gear! Warming up the taco wraps is key for this dish.

## Ingredients

- Chicken Fillet (Diced)
- Baby Gem Lettuce
- Fresh Coriander
- Lime
- Red Onion
- Tortilla Wrap
- Red Pepper
- Spice Mix
- Garlic
- Smoked Paprika
- Tomato
- Ground Cumin

## Your Pantry

- Olive Oil

## Nutritional Info

Calories: 593 kcal  
Carbohydrates: 84 g  
Protein: 43 g  
Fat: 11 g

## Allergens


[Wheat \(Tortilla\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) Preheat the oven to 120C

You'll use this later to heat the tacos.

### 2) Prepare the vegetables

Remove the core from the pepper and dice it. Remove the skin from the onion and dice it into a similar size as the pepper. Peel and crush the garlic and set the garlic aside.

### 3) Cook the chicken

Heat some oil in a pan on medium heat. Add the diced chicken to the pan and stir occasionally, cooking for about 5 minutes or until the chicken has browned and cooked through.

### 4) Add the vegetables

Add the diced onion and pepper to the chicken and cook for about 2 minutes. Then add the crushed garlic and the spice mix of smoked paprika and cumin. Cook for another 2 minutes.

### 5) Make the salsa

While the chicken is cooking, roughly chop the tomato and coriander. In a bowl, combine the chopped tomato, coriander and a squeeze of lime juice.

### 6) Heat the tortilla wrap

Place the tortilla in a hot oven for 1 minute to warm it up.

### 2) Make the taco

Place the cooked vegetables and chicken in the warm taco along with the fresh tomato salsa and some baby gem leaves.



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