



Cumin Spiced Chicken Tacos

with zesty apple salad

Calorie Smart Quick Cook 20-25 mins

12



Diced Chicken Breast



Ras-el-Hanout



Dried Chilli Flakes



Yoghurt



Apple



Red Kidney Beans



Pumpkin Seeds



Rocket



Lemon



Tortilla



Pantry Items: Salt, Pepper, Oil

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Sieve, Zester

Ingredients

	2P	4P
Diced Chicken Breast	260 g	520 g
Ras-el-Hanout	1 sachet	2 sachets
Dried Chilli Flakes	2 sachets	4 sachets
Yoghurt	75 g	150 g
Apple	1 unit	2 units
Red Kidney Beans	1 pack	2 packs
Pumpkin Seeds	10 g	20 g
Rocket	40 g	80 g
Lemon	½ unit	1 unit
Tortilla	4 units	8 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	526.8 g	100 g
Energy (kJ/kcal)	2443.8 kJ/ 584.1 kcal	463.9 kJ/ 110.9 kcal
Fat (g)	12.4 g	2.3 g
Sat. Fat (g)	5 g	1 g
Carbohydrate (g)	65.2 g	12.4 g
Sugars (g)	13.3 g	2.5 g
Protein (g)	49.5 g	9.4 g
Salt (g)	2.1 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to
rate this recipe.



You can recycle me!



Coat the Chicken

- Preheat the oven (for the **tortillas**) to 220°C/200°C fan/gas mark 7.
- Place a large pan over medium-high heat with a drizzle of **oil**.
- Toss the **chicken** with a drizzle of **oil**, the **ras-el-hanout** and a pinch of **salt** and **pepper**.

TIP: You can also dry-fry the tortillas in a pan if you prefer.



Warm the Tortillas

- Pop **half** the **tortillas** (double for 4p) into the oven to warm, 1-2 mins.



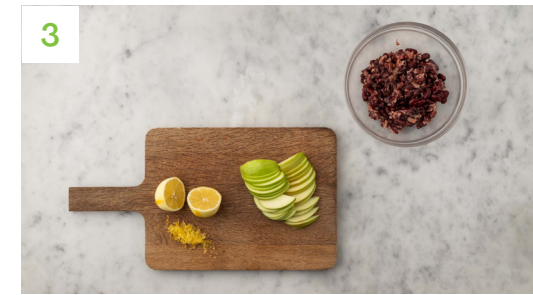
Fry the Chicken

- Once the pan is hot, add the **chicken**.
- Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.



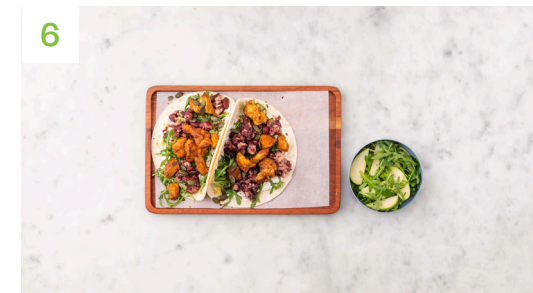
Finishing Touches

- Just before serving, toss the **salad leaves** and **apple** slices with a drizzle of **oil**, the remaining **lemon juice** and the **lemon** zest. Season to taste with **salt** and **pepper**.
- To assemble your tacos, divide the warmed **tortillas** between plates.
- Spread a spoonful of **yoghurt** over each then sprinkle **salt** and **chilli flakes** (use less if you don't like spice).
- Top with some dressed **salad leaves**, the **chicken** and **beans**.



Get Prepped

- Meanwhile, drain and rinse the **kidney beans** in a sieve.
- Mash the **beans** with a fork (or a potato masher).
- Zest and juice **half** the **lemon** (double for 4p).
- Mix **half** the **lemon** juice with the **beans** and season to taste with **salt** and **pepper**.
- Quarter, core and thinly slice the **apple** (peeling optional).



Garnish and Serve

- Serve the **chicken** tacos alongside the remaining salad.
- Top with a sprinkling of **pumpkin seeds**.

Enjoy!