

Family Meal: A Mexican Fiesta

# CHICKEN TACOS

Tacos are a traditional Mexican dish consisting of a tortilla folded around a filling and eaten by hand. They can be made with a variety of fillings – this recipe is for chicken tacos with a tomato and avocado salsa.

## INGREDIENTS

### MARINATED CHICKEN

500g chicken breast (or firm tofu)  
1/2 teaspoon cumin  
1/2 teaspoon smoked paprika  
1 garlic clove, crushed  
1 tablespoon olive oil  
1/2 teaspoon salt  
Juice of 1/2 lime (about 1 teaspoon)

### TOMATO AND AVOCADO SALSA

1 avocado  
1/2 small red onion  
2 tomatoes  
Juice of 1/2 lime  
2 tablespoons coriander  
1/4 teaspoon salt

## TO ASSEMBLE

1 baby cos lettuce  
200g cheddar cheese (or plant-based alternative)  
1 pack tortillas or taco shells (or take the Junior Chef Challenge and make your own!)

**JUNIOR CHEF  
CHALLENGE**



UP FOR THE CHALLENGE?  
SCAN THE QR CODE AND FIND A RECIPE  
TO MAKE YOUR OWN TORTILLAS!



SOUTH  
MELBOURNE  
MARKET  
SINCE 1867

JUNIOR  
CHEF

# CHICKEN TACOS



## METHOD

### STEP 1. MARINATE THE CHICKEN

- Slice the chicken into 2 cm strips.
- Place the chicken in a large bowl and then add each of the marinade ingredients.
- Mix the ingredients so that all of the chicken pieces are coated.
- Cover the bowl with a reusable cover and place in the fridge while you complete steps 2 and 3.



### JUNIOR CHEF CHALLENGE PART 1:

Make the tortilla dough now, then continue with steps 2 and 3 while the dough rests.



### STEP 2. MAKE THE AVOCADO AND TOMATO SALSA

- Slice the avocado in half and remove the stone and peel. Cut the avocado into 1 cm cubes.
- Cut the tomatoes into 1 cm cubes.
- Finely dice the red onion.
- Chop the coriander.
- Add all the chopped ingredients to a mixing bowl then squeeze over the juice of half a lime and add the salt. Mix well.

### STEP 3. GET THE REST OF YOUR TACO INGREDIENTS READY

- If you are using pre-made tortillas, follow the instructions on the packet to heat them.
- Chop the lettuce into strips and place in to a bowl.
- Grate the cheese and place in a bowl.



### JUNIOR CHEF CHALLENGE PART 2:

Roll and cook your tortillas now before cooking the chicken.



### STEP 4. COOK THE CHICKEN

- Put a large pan on medium to high heat and add 1 tablespoon olive oil.
- Add the chicken strips (or tofu) and cook for 1 – 2 minutes on each side until they are browned on the outside and completely cooked on the inside.
- Take the chicken out of the pan and put into a serving bowl.

### STEP 5. MAKE YOUR TACOS!

Put everything you need for making the tacos on the table: the cooked chicken, salsa, lettuce, grated cheese and tortillas. Add serving utensils so everyone can make their own tacos.

ENJOY!

**SAFE  
COOKING  
TIP:**

WASH THE CHOPPING BOARD WITH HOT SOAPY WATER AND DRY PROPERLY BEFORE USING IT FOR STEP 2.