

Mexican 'Pollo' Tacos with Cooling Cucumber

We're bringing the party with these warm and spicy pollo (chicken) tacos, sizzling with golden corn, sweet tomato, spicy Mexican spice mix and zesty lime. Good thing there's some creamy yoghurt and cucumber to cool everything down. Bring the two elements together and we've got a real fiesta on our hands.



Prep: 15 mins
Cook: 15 mins
Total: 30 mins





















Corn Red Onion



Mini Flour



Chicken Breast



Cucumber







Lime

Yoghurt

Long Red Chilli

2P	4P	Ingredients	
1 tbs	2 tbs	olive oil *	
1 cob	2 cobs	corn, husked & kernels removed	
1/2	1	red onion, finely chopped	#
1	2	tomato, finely diced	\$\frac{1}{2}
1 tsp	2 tsp	Mexican spice mix	
1/2	1	lime, cut into wedges	\$\frac{1}{2}
6	12	mini flour tortillas	
2 fillets	4 fillets	chicken breast, sliced into strips	
1	2	cucumber, finely diced	
1 tub	2 tubs	yoghurt	
1/2	1	long red chilli, deseeded & finely sliced	#

#	Ingredient features
	in another recipe

* Pantry Items

Pre-preparation

Nutrition per serve

Energy	4060	Kj
Protein	57.9	g
Fat, total	33.9	g
-saturated	7.1	g
Carbohydrate	101	g
-sugars	11.8	g
Sodium	980	mg

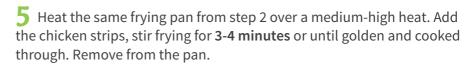


You will need: chef's knife, chopping board, , aluminium foil, two medium bowls, wooden spoon, and a large frying pan.

- Preheat the oven to 200°C/180°C fan-forced.
- 2 Heat half of the olive oil in a large frying pan over a medium high heat. Add the corn kernels, red onion and tomato and cook for 3 minutes or until soft. Add half of the Mexican spice mix and cook for a further 1 minutes, or until fragrant. Season with the juice from half the lime wedges and salt and pepper. Transfer mixture to a medium bowl.



- 3 Wrap the mini flour tortillas loosely in foil and place in the oven for 5-7 minutes to heat up. Alternatively, place the tortillas on a heat-proof plate, uncovered and heat in the microwave.
- 4 In a medium bowl combine the **chicken breast strips** and the remaining olive oil and Mexican seasoning. Stir well to coat the chicken.









Did you know? The average ear of corn has 800 kernels.