

RECIPE BAG
6871

L 2 people: 20 min
4 people: 25 min

Chicken Tinga Tacos With Lime Mayo

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our kitchen bangers



Ingredients for 2 [Double for 4 people]

-  1 lime
-  2 spring onions
-  40g cheddar
cheese **A7**
-  1 tsp ground cumin
-  1 tsp ground
coriander
-  1 red gem lettuce
-  16g tomato
paste
-  50ml mayonnaise
A3
-  2 x 125g British
chicken breast
fillets
-  20g chipotle paste
-  6 plain tortillas
A1

Allergens: **A1:** gluten, **A3:** egg, **A7:** milk

You need: olive oil, salt, vegetable oil

Special equipment: none

Remember to wash your fresh fruit, herbs and vegetables!
See your delivery email for use-by dates and other details.

Nutritional info
(per person, supplied ingredients only, pre-cooking)

Calories	Fat	Sat fat	Carbs
752kcal	36g	11g	59g
Sugar	Fibre	Protein	Salt
7g	6g	46g	2g

 1 of your 5-a-day



1

Instructions for 2 [for 4]

Boil half a kettle

Add the **chicken breasts** to a bowl and sprinkle over the **ground cumin, ground coriander** and a large pinch of **salt**

Give everything a good mix up – this is your **spiced chicken**



2

Heat a large, wide-based pan (preferably non-stick with a matching lid) with a drizzle of **vegetable oil** over a medium-high heat

Once hot, add the **spiced chicken** and cook for 3–4 min on each side, or until browned



3

Meanwhile, combine the **chipotle paste** and **tomato paste** – this is your **tinga paste**



4

Preheat the oven to 180 °C / 160 °C (fan) / Gas 4

Trim, then slice the **spring onions** finely

Wash and shred the **red gem lettuce**, then pat it dry with **kitchen paper**

Grate the **cheddar cheese**



5

Add the **tinga paste** and the **sliced spring onion** to the pan

Add 150ml [300ml] **boiled water** and season with a pinch of **salt**



6

While the chicken is cooking, combine the **mayo**, the juice of 1/2 [1] **lime** and 1 tbsp [2 tbsp] **olive oil** in a small bowl – this is your **lime mayo**



7

Add the **tortillas** to a baking tray

Put them in the oven for 2 min or until they're warmed through

Once the **chicken** is cooked, transfer to a clean board and shred it with two forks – this technique is known as 'pulling'

Return the pulled chicken to the pan with the sauce and stir it all together – this is your **chicken tinga**



8

Slice the **remaining lime** into wedges

Divide the **shredded lettuce, chicken tinga, grated cheese** and **lime mayo** evenly between the **warmed tortillas**

Garnish with a **lime wedge**

Enjoy!

