

OVERALL time: 60 mins

Baked Chicken Tacos

An easy to prep and delicious to eat Mexican inspired snack using our ever popular taco seasoning!

Metric

Number of servings : 4

ingredients

For the pickled red onion

- 1 large red onion, thinly sliced
- 125 ml red wine vinegar
- 125 ml water
- 1 Tbsp sugar
- 1 tsp salt

For the guacamole

- 2 whole ripe avocado
- 0.25 finely diced red onion
- 2 Tbsp lime juice
- 2 Tbsp fresh coriander leaves, roughly chopped
- **Cape Herb and Spice Atlantic Sea Salt - Ceramic**

For the tacos

- 500 g free-range chicken mince
- 0.5 diced red onion
- 2 cloves garlic, minced
- 1 tin diced tomatoes
- 1 Tbsp **Cape Herb and Spice Taco Spice**
- 6 medium flour tortillas
- 200 g cheddar cheese, grated

For cooking

- olive oil

To serve

- lime wedges

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 25 mins | COOKING TIME: 35 mins

For the pickled onions:

Place vinegar, water, sugar and salt together in a small saucepan.

Place on medium heat and simmer for a minute or two until sugar and salt dissolve.

Place sliced onion in a heatproof glass jar.

Pour hot vinegar mixture over the onion.

Leave to cool and then seal and transfer to the fridge until serving.

For the guacamole:

Mash the avocados roughly in a bowl.

Add the rest of the ingredients, and season well with **Cape Herb & Spice Sea Salt**.

Mix well and set aside in the fridge until serving.

For the tacos:

Preheat oven to 200°C.

Brush a baking tray with a little olive oil

Heat a drizzle of olive oil in a large frying pan.

Add the chicken mince and brown all over.

Remove from the pan and set aside.

Add the onion to the pan and cook until soft.

Add the garlic and cook until fragrant.

Return the chicken mince to the pan along with the diced tomatoes.

Season everything well with **Cape Herb & Spice Taco Spice**.

Cook for a few minutes until the flavours meld together.

Place tortillas on a clean work surface.

Sprinkle a little cheese on one half of each tortilla.

Divide the chicken mixture over the cheese, and then sprinkle a little more cheese over the chicken.

Fold the tortillas, creating a taco around the chicken and cheese filling.

Brush the tops of the tortillas with a little olive oil.

Transfer tacos to the prepared baking tray.

Bake for 18-20 minutes until golden brown and crisp.

Remove from the tray and allow to cool for a minute on a wire rack - this will prevent them steaming and getting soggy.

To serve:

Plate tacos with a good dollop of guacamole and top with pickled onions.

Serve with lime wedges and enjoy!

ingredients

For the pickled red onion

- 1 large red onion, thinly sliced
- 125 ml red wine vinegar
- 125 ml water
- 1 Tbsp sugar
- 1 tsp salt

For the guacamole

- 2 whole ripe avocado
- 0.25 finely diced red onion
- 2 Tbsp lime juice
- 2 Tbsp fresh coriander leaves, roughly chopped
- **Cape Herb and Spice Atlantic Sea Salt - Ceramic**

For the tacos

- 500 g free-range chicken mince
- 0.5 diced red onion
- 2 cloves garlic, minced
- 1 tin diced tomatoes
- 1 Tbsp **Cape Herb and Spice Taco Spice**
- 6 medium flour tortillas
- 200 g cheddar cheese, grated

For cooking

- olive oil

To serve

- lime wedges

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 25 mins | COOKING TIME: 35 mins

For the pickled onions:

Place vinegar, water, sugar and salt together in a small saucepan.

Place on medium heat and simmer for a minute or two until sugar and salt dissolve.

Place sliced onion in a heatproof glass jar.

Pour hot vinegar mixture over the onion.

Leave to cool and then seal and transfer to the fridge until serving.

For the guacamole:

Mash the avocados roughly in a bowl.

Add the rest of the ingredients, and season well with **Cape Herb & Spice Sea Salt**.

Mix well and set aside in the fridge until serving.

For the tacos:

Preheat oven to 200°C.

Brush a baking tray with a little olive oil

Heat a drizzle of olive oil in a large frying pan.

Add the chicken mince and brown all over.

Remove from the pan and set aside.

Add the onion to the pan and cook until soft.

Add the garlic and cook until fragrant.

Return the chicken mince to the pan along with the diced tomatoes.

Season everything well with **Cape Herb & Spice Taco Spice**.

Cook for a few minutes until the flavours meld together.

Place tortillas on a clean work surface.

Sprinkle a little cheese on one half of each tortilla.

Divide the chicken mixture over the cheese, and then sprinkle a little more cheese over the chicken.

Fold the tortillas, creating a taco around the chicken and cheese filling.

Brush the tops of the tortillas with a little olive oil.

Transfer tacos to the prepared baking tray.

Bake for 18-20 minutes until golden brown and crisp.

Remove from the tray and allow to cool for a minute on a wire rack - this will prevent them steaming and getting soggy.

To serve:

Plate tacos with a good dollop of guacamole and top with pickled onions.

Serve with lime wedges and enjoy!

<https://capeherb.co.za>