

The Pampered Chef®
Spicy Chicken & Mango Tacos
Recipe

1 small head romaine lettuce (about 115 g)
2 limes, divided
125 g mayonnaise
2 teaspoons ground cumin
1/4 teaspoon cayenne pepper
375 g skinless, boneless cooked chicken breast fillets, diced (see Chef's Corner)
1 small, firm ripe mango
1 Granny Smith apple
3 tablespoons chopped fresh coriander
12 taco shells
1 firm, ripe avocado, peeled, stoned and sliced
Lime wedges, to garnish (optional)

1. Finely shred lettuce on **Large Grooved Cutting Board** using **Santoku Knife**; set aside. Grate zest from limes using **Microplane® Adjustable Fine Grater** to measure 1 teaspoon zest. Cut limes in half; juice limes into **(250-ml) Prep Bowl** using **Citrus Press** to measure 3 tablespoons juice. Place lime zest, mayonnaise, cumin, cayenne pepper and 1 tablespoon lime juice in **Stainless 4-Litre Mixing Bowl**; mix well using **Classic Scraper**. Spoon about 70 g of the mayonnaise mixture into a resealable polythene food bag; twist to secure and set aside. Add chicken to remaining mayonnaise mixture; mix well to coat thoroughly.
2. Peel mango and apple using **Serrated Peeler**. Cut mango flesh away from central stone using **Utility Knife**; discard stone. Core and wedge apple using **Apple Wedger**. Cut mango and apple into thin strips, about 5 cm long. Combine mango, apple, coriander and remaining 2 tablespoons lime juice in **Classic Batter Bowl**; mix well using **Small Mix 'N Scraper®**.
3. Separate taco shells and arrange in a single layer, open ends down, in **Deep Dish Baker**; microwave, uncovered, on HIGH 1–2 minutes or until warm. Fill each taco shell with some lettuce, avocado and mango salad and top with chicken mixture, dividing evenly. Cut a small tip off one corner of bottom of food bag to allow mayonnaise mixture to flow through; pipe mixture over filled tacos. Arrange tacos on a serving platter; garnish with lime wedges, if desired. Serve immediately.

Yield: 12 tacos

Per serving: Energy 909kJ/217kcal; Protein 11.5g; Carbohydrate 11.3g; Sugars 3.5g; Fat 14.1g;

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Saturated Fat 3.2g; Fibre 1.3g; Salt 0.1g

Cook's Tip: For a char-grilled flavour, cook chicken breasts in advance in **28-cm Square Grill Pan**. Lightly brush Grill Pan with sunflower oil using **Chef's Silicone Basting Brush**; heat over medium/medium-high heat 1–2 minutes or until hot. Cook 3 skinless, boneless chicken breast fillets (about 165 g each) 7–10 minutes or until well browned. Turn chicken breasts over using **Chef's Tongs**; cook an additional 7–10 minutes or until cooked, well browned and juices run clear. Remove chicken from pan to a plate; cool completely before dicing.

Variation: For *Chilli Cheese & Bean Tacos*, omit ground cumin from the mayonnaise mixture. Substitute 175 g diced Mexican-style Cheddar cheese (Cheddar with mixed peppers) and 1 can (215 g) kidney beans (rinsed and well-drained) for the cooked chicken. Proceed as recipe directs. Red Leicester cheese can be substituted for the Mexican-style Cheddar cheese, if desired.

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