

Mexican chicken tacos with chop salad and avocado dressing



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image: Heart Foundation

Cooking Time

15 minutes (preparation time 15 minutes)

Serves

4

Ingredients

1 teaspoon ground cumin

¼ teaspoon chilli flakes

1 teaspoon paprika

2 tablespoons lime juice

1 tablespoon olive oil

400g lean chicken breast, halved horizontally

½ iceberg lettuce, finely shredded

1 large carrot, peeled, grated

1 red capsicum (320g), halved, seeded, thinly sliced lengthways

1 x 250g punnet cherry tomato, quartered

150g can of no added salt corn kernels, drained

½ cup coriander leaves, coarsely chopped

½ bunch spring onion, chopped

Avocado Dressing:

1 ripe avocado

1 tablespoon lime juice

¼ cup reduced fat plain yoghurt

8 small corn tortillas (approx. 30g per tortilla), to serve

Method

1. Combine ground cumin, paprika, chilli flakes, lime juice and olive oil in a large bowl. Add the chicken and turn to coat. Cover and refrigerate for 2-3 hours.
2. Preheat non stick frying pan or grill and cook chicken for 4-5 minutes each side, or until golden and cooked through. Thinly sliced chicken and set aside.
3. In another large bowl, combine, lettuce, carrot, capsicum, tomato, corn kernels, coriander and spring onion.
4. To make avocado dressing, mash avocado and combine with lime juice and yoghurt in a small bowl until smooth. Season with cracked pepper.
5. Fill tortillas with chicken, chop salad and avocado dressing.

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