

## Chicken Tacos with Pineapple & Salsa

**Prep: 20 mins**

**Cook: 10 mins**

**Serves: 8**



### Equipment list:

Baking tray  
Baking paper  
Chopping board  
Knife  
Measuring spoons  
Mixing bowl  
Tasting spoons  
Tongs  
Weighing Scales

### General Ingredients:

8 small soft tortilla wraps  
8 tbspn yoghurt, plain  
8 pieces iceberg lettuce, shredded

### Chicken Ingredients:

400g Chicken thighs  
½ tspn smoked paprika  
½ tspn cumin powder  
¼ tspn garlic powder  
1 tbspn olive oil  
Salt and pepper to taste

### Pineapple Salsa Ingredients:

¼ pineapple  
2 spring onions  
¼ bunch of coriander leaves

1 lime, juiced  
½ tspn sugar  
1 tspn olive oil  
Salt and pepper to taste  
1 tbspn olive oil  
Salt and pepper to taste

### Guacamole Ingredients:

2 avocado, ripe  
½ lime, juiced  
2 tbspn olive oil  
Salt and pepper to taste

### Chicken method:

Pre-heat oven to 200°C. Mix all ingredients together in a mixing bowl and leave to stand for approximately 15-30 minutes. Place marinated strips on a lined baking tray and cook in oven for approximately 10 minutes or until juices run clear. Take out and rest for 5 mins. Slice into 1-5cm strips across the grain.

### Pinapple Salsa method:

Slice pineapple into small bite size chunks. Slice spring onions into thin pieces. Combine lime juice, sugar, salt and olive

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oil in a small dish and mix well. Mix all ingredients in a large bowl and stir well.

### **Guacamole method:**

Remove avocado flesh and mash well in a bowl. Add lime juice, olive oil and salt and pepper. Mix well until creamy.

### **To Serve:**

Place tortilla wrap on a flat surface and smear some guacamole on one side of the wrap. Add shredded lettuce, some chicken, top with pineapple salsa and a spoonful of yoghurt. Fold over and enjoy!

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