



BAKED CHEESY CHICKEN AND SPINACH 'TAQUITOS'

with Zesty Tomato Salad

PRONTO



HELLO TAQUITOS

This popular Mexican street food is normally deep fried. However, we've baked these instead to give them healthy twist!

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 769



Chicken Thighs



Flour Tortillas, 6"



Baby Spinach



Red Onion, chopped



Roma Tomato



Lime



Mexican Seasoning



Chipotle Powder



Sour Cream



Cheddar Cheese, shredded



Spring Mix

BUST OUT

- Baking Dish (8x8 | 9x13)
- Silicone Brush
- Large Bowl
- Whisk
- Large Non-Stick Pan
- Zester
- Measuring Spoons
- Salt and Pepper
- Paper Towel
- Olive or Canola oil
- Sugar (2 tsp | 4 tsp)

INGREDIENTS

2-person | 4-person

- Chicken Thighs 340 g | 680 g
- Flour Tortillas, 6" 1,4,9 4 | 8
- Baby Spinach 113 g | 227 g
- Red Onion, chopped 56 g | 113 g
- Roma Tomato 80 g | 160 g
- Lime 1 | 2
- Mexican Seasoning 9 1 tbsp | 2 tbsp
- Chipotle Powder 🌶️ 1 tsp | 1 tsp
- Sour Cream 2 3 tbsp | 6 tbsp
- Cheddar Cheese, shredded 2 ½ cup | 1 cup
- Spring Mix 56 g | 113 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat the broiler to **high** (to broil the taquitos). In Step 2, use the following heat guide to determine what spice level you prefer: add $\frac{1}{8}$ tsp for warm, $\frac{1}{4}$ tsp for hot and $\frac{1}{2}$ tsp for spicy!



1 PREP Wash and dry all produce.* Cut the **tomatoes** into ½-inch pieces. Zest, then juice the **lime(s)**. Pat the **chicken** dry with paper towels, then cut into ¼-inch pieces.



4 ASSEMBLE AND BROIL Divide the **mixture** between the **tortillas**. Roll up and place, seam-side down, in a lightly oiled 8x8-inch baking dish. Lightly brush the tops with **oil**. Place in the centre of the oven and broil until the taquitos are golden-brown, 2-3 min. (**TIP:** Keep an eye on them so that they don't burn!) (**NOTE:** Use a 9x13-inch baking dish for 4 ppl.)



2 COOK CHICKEN Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook until softened, 3-4 min. Add **chicken**, **Mexican seasoning** and $\frac{1}{8}$ tsp **chipotle** (dbl for 4 ppl). (**NOTE:** Reference heat guide in Start Strong.) Cook, stirring, until chicken is cooked through, 6-8 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)



5 MAKE DRESSING Meanwhile, in a large bowl, whisk together the **lime juice**, **remaining lime zest** and **2 tsp sugar** (dbl for 4 ppl) with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**.



3 MAKE FILLING Add the **spinach** and **1 tbsp water** (dbl for 4 ppl) to the same pan. Stir together until the spinach wilts, 1-2 min. Season with **salt** and **pepper**. Remove the pan from the heat and stir in the **cheese**, **sour cream** and **half the lime zest**.



6 FINISH AND SERVE Toss the **spring mix** and **tomatoes** into the **dressing**. Divide the **taquitos** and **zesty salad** between plates.

YUM!

Zesty tomato salad is the perfect pairing for crunchy and gooey 'taquitos'!