

Crispy Chicken Tacos

with Tomato Salad

These tacos are a double whammy! We can't decide what we like more, the crispy bites of cornflake-crusted chicken, or the incredible lime crema you're going to create yourself. Thank goodness that in these warming tortillas, we don't have to choose!



Prep 30 min



level 1



Chicken Tenders



Lime



Cornflake Cereal



Mayonnaise



Tortillas



Tomato



Honey



Cajun Spice



Greek Yogurt



Romaine Lettuce



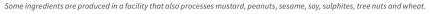
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| *Not Included | . <u>=</u> − |
|---------------|--|
| | % in |
| Allergens | |
| 1) Wheat/Blé | |
| 2) Milk/Lait | |
| 3) Egg/Oeuf | 7 |
| 4) Soy/Soja | == =================================== |
| | <u> </u> |

Tools

Large Bowl, Shallow Dish, Baking Sheet, Small Bowl, Medium Bowl, Zester, Rolling

Nutrition per person Calories: 608 cal | Fat: 11 g | Protein: 43 g | Carbs: 81 g | Fibre: 2 g | Sodium: 261 mg



3)4)



Ingredients

Mayonnaise

Tomato

Honey

Cilantro

Flour Tortillas

Lime

Chicken Tenders

Cornflake Cereal

Mild Cajun Spice

2% Greek Yogurt

Olive or Canola Oil*

Romaine Lettuce, 1-inch chopped

Preheat your oven to 450°F. (To bake the chicken strips and warm the tortillas.) Start prepping when your oven comes up to temperature!

4 People

2 pkg (570 g)

1 pkg (2 cup)

1 pkg (1 tbsp)

10

3 pkg (3 tbsp)

1 pkg (2 tbsp)

1 pkg (100 g)

1 pkg (113 g)

1 pkg (14 g)

2 Prep and coat the chicken: Using a rolling pin, or a long glass bottle (like a wine bottle!) crush the **cornflakes** in the bag into a breadcrumb-like texture. Pat the chicken tenders dry with paper towels. In a large bowl, combine the chicken with 2 pkg honey and a pinch of salt and pepper. Combine the cornflakes and spice blend in a shallow dish. Working one at a time, press each chicken tender into the cornflakes to coat completely. Arrange the strips on a foil-lined baking sheet. Bake in the centre of the oven until goldenbrown, 12-14 min.



3 Prep: Meanwhile, wash and dry all produce. Zest, then juice the **limes**. Chop the **tomatoes** into ½-inch pieces. Finely chop the cilantro.



- 4 Make the lime crema: In a small bowl, combine the yogurt, mayonnaise and lime zest.
- **5** Make the tomato salad: In a medium bowl, whisk the lime juice, remaining pkg honey and a drizzle of oil. Add the lettuce and tomatoes. Toss to combine. Season with salt and pepper.
- **Finish and serve:** Heat the **tortillas** on a baking sheet in the oven until warmed through, 1-2 min. Layer each taco with the crispy chicken, tomato salad, a drizzle of lime crema and a sprinkle of cilantro. Enjoy!