

MEXICAN CHICKEN 'TACO' WITH SWEET POTATO

Serves 6 | 2 tacos per serving

INGREDIENTS

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| 12 slices | Gardenia Super Soft & Fine 100% Wholemeal Bread |
| 1 tsp | Oil |
| 10 g | Onion, diced |
| 20 g | Yellow bell pepper, cut into thin strips |
| 20 g | Red bell pepper, cut into thin strips |
| 20 g | Canned black beans, drained |
| 6 tbsp | Baked sweet potato, mashed (120g) |
| 12 leaves | Lettuce |



Chicken Filling

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| 200 g | Chicken breast, cut into thin strips |
| 1 ½ tbsp | Taco spice mix |
| ½ tsp | Paprika |
| ¼ tsp | Lime juice |
| 1 tbsp | Water |

METHOD

1. Preheat oven to 180°C.
2. In a bowl, combine all ingredients for chicken filling. Chill in the refrigerator for 15 to 20 minutes.
3. To prepare the taco shells, trim the crust from the bread and flatten each slice with a rolling pin. Cut each slice of bread into a round shape using a round cutter. Then, hang each slice of bread over 2 bars of the oven rack (like an upside down 'U' shape). Bake for 5 to 7 minutes or until the bread is slightly crispy, and look like taco shells when removed from the oven. Set aside.
4. In a pan, heat oil over medium heat, fry the onion until lightly browned and fragrant.
5. Add in chicken, bell pepper strips and black beans. Continue to fry until chicken is cooked through. Add some water if the filling is too dry.
6. Transfer chicken mixture to a bowl, divide into 12 portions.
7. To assemble a taco, take 1 bread taco shell, spread ½ tablespoon of mashed sweet potato, add one portion of stir-fried chicken filling, and garnish with a piece of lettuce. Repeat the same step for remaining taco shells.
8. It is now ready to be served!



NOTE:

- To bake whole sweet potato, pierce sweet potato skin for few times with a fork. Then, bake the sweet potato in the preheated oven (180°C) for approximately 45 to 60 minutes.
- The bread crusts can be baked in the oven and used to make croutons or bread crumbs.