



bit spicy

# Tacos

There are many ways of filling a taco, that famous Mexican street food. Here is the basic recipe!

- 450g/ 1lb chicken breast, each cut into several pieces (or minced beef or pork - see below)
- 1 carton [Mexican blend](#)
- 1 tbsp oil
- Corn tortillas
- Shredded lettuce
- Grated cheese, fresh tomato salsa, sour cream, guacamole

## Recipe:

1. Place the chicken in a frying pan or wok with about 120ml/quarter pint boiling water, and poach until the pieces are cooked (white) on the outside (2-3 minutes).
2. Remove the chicken onto a board and, using two forks, roughly shred the meat. It doesn't matter if the pieces are pink in the middle as they have not finished cooking.
3. Add the oil and spices to the pan, turn up the heat and fry until fragrant. Then add the chicken and cook for another couple of minutes.
4. If using mince, fry with the spices for a few minutes until just cooked.
5. Warm the tortillas, and serve stuffed with the meat and other ingredients.

## Cook's Notes:

- This may seem like a long-winded way to cook chicken, but it ensures that the meat is juicy. For this quantity the whole process only takes about 10 minutes, most of which is the shredding.
- This is very much street food, so don't expect to eat them tidily!
- A lot of commercial corn tortillas have wheat in them. Mexgrocers.co.uk sells much more authentic ones in large packets.
- Can be served as a starter by using small tortilla chips and spooning the chicken and other stuff on before eating in one mouthful. Try using a crisp lettuce leaf such as iceberg or gem instead of the tortilla chip.
- Lovely with beef or pork mince, or slow-cooked pulled meat.