

Chicken Tacos



Ingredients

- 60g Chicken Breast fillet
- 15ml + 3ml Olive Oil
- 7ml Juice of Lime
- 10g Garlic Clove, finely chopped
- 3g Salt
- 1g Pepper
- 20g Bell Pepper, slice into strips
- 15g Onions, chopped
- 22g Tomatoes, chopped
- 2 pcs. Whole Wheat Tortillas (30g/each)
- 62.5 ml Whipping Cream
- 18.75g Annum Plain
- 2g Lemon Zest

Directions

1. In a small bowl, combine and mix whipping cream, milk powder and lemon zest. Cover and chill until ready to use.
2. Combine 15 ml olive oil, lime juice, salt, pepper & garlic in a bowl. Mix and pour over chicken fillet. Marinate for 30 minutes inside the chiller.
3. Heat up grill pan. When hot, add 3 ml olive oil and grill chicken at least 5 minutes per side. When cooked, transfer to plate and cover with aluminum foil to keep warm. In the same pan, sauté bell peppers until softened.
4. Warm the tortillas for 30 seconds inside the toaster. Cut chicken into strips. Arrange on top of the tortilla and top with vegetables. Serve with the lemon-milk dressing.

Nutritional Value

	Per Serve	Per Adequacy
Energy (kcal)	193	8.7
Carbohydrates (g)	12	6.9
Proteins (g)	9	10.3
Fats (g)	12	-
Dietary Fiber (g)	2	-
Folate (mcg)	0	0.0

	Per Serve Per Adequacy	
Iron (mg)	2	5.3
Zinc (mg)	0	0.0
Calcium (mg)	119	14.9
Vitamin B12 (mcg)	0	0.0
