

# Recipe: Chicken tacos



Energised



Chilled-out

Invite your friends over for these tasty tacos and have fun assembling them! Did you know that chicken can aid in the development of muscles? Something good to eat if you have been working out all week!



## Ingredients:

450g chicken breasts, 2 tsp oil, 1 tsp ground cumin, 1 tsp smoked paprika, 2 ripe avocados, 4 tsp lime juice, 2 spring onions, chilli flakes, 8 corn taco shells, tomatoes

## Method:

1. Mix the oil with the cumin and paprika on a large plate and rub it over the chicken.
2. For the guacamole, put the avocado in a bowl and mash with a fork, leaving a few chunky pieces. Gently mix in the lime juice, spring onions and chilli flakes. Season with pepper.
3. Line the baking tray with foil and lay the chicken on it. Grill for about 10 mins (or longer) until cooked. (It is important to make sure the chicken is thoroughly cooked!)
4. When the chicken is cooked, remove from the grill, cover loosely with foil and set aside for 5 mins.
5. Chop up some tomatoes.
6. Cut the chicken into chunky slices and spoon over the left over juices. Lay out the taco shells, chicken, tomatoes and guacamole separately so everyone can dig in and make their own tasty tacos!

Remember eating a balanced diet is just one part of maintaining good health and feeling 100%.

WANT TO  
**FEEL 100%?**