



Soft Chicken Tacos Recipe

Preparation Time	10
Cooking Time	15
Serving Size	12

Ingredients:

- 1 Tbsp oil
- 300 g chicken, breast fillet, cut into strips
- - patis, to taste
- 1 pouch DEL MONTE Quick 'n Easy Mechado Sauce (80g)
- 1/4 cup water
- 3/4 tsp chili powder
- 12 pc flour tortilla (6")
- 1/3 cup onion, white, sliced
- 200 g lettuce, shredded
- 1 pc tomato, diced
- 1 cup cheese, coarsely grated
- 1/2 cup sour cream

Preparation:

1. Sauté chicken in oil until lightly brown. Add patis to taste, DEL MONTE Quick n Easy Mechado Sauce, and water. Cover and simmer over low heat for 5 minutes, stirring occasionally. Add chili powder. Set aside.
2. Heat flour tortillas in an ungreased pan. Wrap portion of sautéed chicken mixture, onion, lettuce, tomatoes, and cheese on flour tortilla. Serve with sour cream on the side. If desired, serve with hot sauce.

Chef's Tip

Keep tortillas warm and soft by placing them on a tray then covering them with a towel. Leaving them uncovered will dry them out and make them brittle.

Lusog Notes

This taco dish is high in vitamins A and B1. Vitamin A is important for normal vision and healthy skin as well as for protection from infections while vitamin B1 helps the body to convert food that we eat into energy as well as supports normal growth.

Cooking Skills Needed

- Grating
- Slicing
- Sautéing
- Simmering

Cooking Tools

- Chopping Board
- Grater

- Spatula

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