



Chicken or Fish Taco

Servings: 4 people

Prep Time: 30 minutes

Cook Time: 20 minutes

1. Ingredients:

- 1.5 kg chicken thighs, fat removed, deveined, and diced into long strips (or white firm flesh fish works too)
- 1 red onion, 3 colourful capsicums, sliced, 6 small cucumbers, sliced, 10 cherry tomatoes, halved and seeds removed, 1 semi ripe mango sliced, 2 avocados, sliced (sprinkle with lemon juice to keep them green)
- Smoked paprika, garlic, pepper, Salt to taste
- 1 lemon juiced, 2 limes cut in quarter, chopped parsley
- ¼ watermelon dice sprinkle with lemon juice
- Grated cheese, 3 diced chilli, mayonnaise
- 1 lettuce and 1 pack of soft tacos

Instructions:

- Slice all the vegetables and set them aside
- Marinate chicken with paprika, garlic, pepper, and lemon juice. Refrigerate for 30 mins
- Cook chicken in air fryer or oven (200°C for 15 mins or until cooked) can stir fry also
- Assemble your tacos! Load up lettuce leaves or tacos with chicken, vegetables, fruits, and toppings
- Top with parsley, mayo, cheese, and chilli
- Enjoy your refreshing summer treat!

Bon Appétit!