



Chicken or Fish Taco

Servings: 4 people

Prep Time: 30 minutes

Cook Time: 20 minutes

1. Ingredients:

2. 1.5 kg chicken thighs, fat removed, deveined, and diced into long strips (or white firm flesh fish works too)
3. 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)
4. Smoked paprika, garlic, pepper, Salt to taste
5. 1 lemon juiced, 2 limes cut in quarter, chopped parsley
6. ¼ watermelon dice sprinkle with lemon juice
7. Grated cheese, 3 diced chilli, mayonnaise
8. 1 lettuce and 1 pack of soft tacos

Instructions:

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

Bon Appétit!