

Mexican Chicken Tacos with Tomato, Onion & Cucumber Salsa and Sweet Potato Mash

Chicken

What we have given you:

- Chicken Breast (s)
- Cumin
- Ground Coriander
- Smoked Paprika

What you will need:

- Chopping board
- Tea tow (optional)
- Sharp small knife
- Bowl
- Spoon or fork
- Frying pan
- A bit of oil to fry in
- Spoon

Make sure you have an adult on hand for the tricky bits.

1. Start by washing your hands, it's really important for hygiene reasons.
2. We want to cut the chicken into equal small pieces so they cook at the same time (sharp knives are actually safer than blunt ones but be careful what you are doing).
3. If your board is slipping, try putting on top of a damp tea towel to be safer.
4. Raw chicken can make you ill, so make sure when you are handling it that you don't put your fingers near your face or mouth.
5. Put the chicken into a bowl and remove your chopping bowl, knife and wash your hands so you don't get any raw chicken on anything else.
6. In your bowl, add half a teaspoon on paprika, cumin and coriander to your chicken (you can add a pinch of salt too if you want) and mix with a spoon to make sure it is evenly coated.
7. Pop the chicken in the fridge for 30 minutes to marinade (you can prep your potato while you wait and salsa while you wait)
8. Add a small amount of oil into a frying pan – as an adult for some help.
9. Turn your chicken pieces to make sure they are cooked on all sides. It should take about 5 minutes to cook your small chicken pieces through depending on size. Pick a large piece of chicken and cut it through to make sure it isn't pink inside. If it is, pop in back in for longer.

Sweet Potato

What we have given you:

- Sweet Potato
- Chives

What you will need:

- Chopping board
- Tea tow (optional)
- Sharp knife
- Spoon or fork
- Pan
- Water
- Fork
- Spoon

1. Peel your sweet potato and chop carefully into dice sized shapes.
2. Add to your pan and cover with cold water.
3. Place a lid on if you have one and bring to the boil.
4. Simmer (keep cooking but on a very low light) for 20 minutes with the lid on or until the potato is soft.
5. Mash potato on its own with a fork.
6. Add the chopped up chives on the top.

Salsa

What we have given you:

- Tomatoes
- Cucumber
- Red Onion
- Lime
- Coriander

What you will need:

- Chopping board
- Tea tow (optional)
- Sharp knife
- Bowl
- Grater
- Spoon or fork
- Salt

1. You will need a chopping board again. If your board is slipping, try putting on top of a damp tea towel to be safer.
2. Slice your cucumber length ways into strips and then again into long narrow lengths. Finally chop the strips into small cube shapes.
3. Cut each cherry tomato into at least 6 pieces.
4. Finally chop your onion into small pieces too. We have created a video for you to watch us do it and to get some tips.
5. Mix all your chopped ingredients into a bowl.
6. Grate the zest of your lime and then juice the rest of it into your bowl with a little salt and mix again.
7. Finally chop your coriander and sprinkle on top!