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Summer Chicken Tacos with Mango Mayonnaise

This dish is summer on a plate! They're bursting at the seams with fresh flavours, but our favourite element has to be the mango mayonnaise that tops off this one-handed delight.

 **Prep:** 20 mins
 **Cook:** 15 mins
 **Total:** 35 mins  level 1
 eat me early

Pantry Items



Olive Oil



Plain Flour



Red Cabbage



Lime



Mild Mexican Seasoning



Free Range Chicken Breast



Mini Tortillas



Coriander






Mango Mayonnaise




Long Red Chilli


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QTY	Ingredients
4 cups	finely sliced red cabbage
4 tbs	olive oil *
1	lime, cut into wedges
¼ cup	plain flour *
½ sachet	mild Mexican seasoning (recommended amount)
4-5 fillets	free range chicken breast, sliced into 1 cm thick strips
12	mini tortillas
½ bunch	coriander, leaves picked 
1 tub	mango mayonnaise
½	long red chilli (optional)  

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	4440	Kj
Protein	55.1	g
Fat, total	47.7	g
-saturated	7.8	g
Carbohydrate	95.9	g
-sugars	6.9	g
Sodium	1040	mg



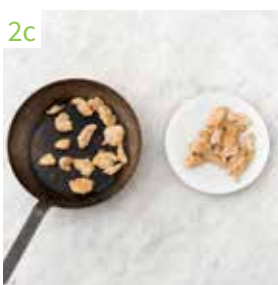
You will need: chef's knife, chopping board, large bowl, plastic bag, medium frying pan, tongs and microwave or sandwich press.

1 Combine the **red cabbage**, 1 tablespoon of the **olive oil** and juice of half of the **lime wedges** in a large bowl. Season with **salt** and **pepper** and set aside.

2 Combine the **plain flour**, **mild Mexican seasoning** and a pinch of salt in a plastic bag. Add the **chicken breast fillets** to the plastic bag and carefully toss the chicken in the bag to coat well. Heat the remaining olive oil in a medium frying pan over a medium-high heat. Add the chicken in two batches and cook, turning, for **5-6 minutes**, or until golden and cooked through.

3 Meanwhile, heat the **mini tortillas** in a microwave or sandwich press.

4 To serve, divide the tortillas between plates. Top with the red cabbage mixture, Mexican chicken, **coriander**, **mango mayonnaise** and **long red chilli** (if using). Serve with the remaining lime wedges.



Did you know? Mangos originated in India and have been enjoyed for over 5000 years.