# Chicken Taco

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| **Servings** | 1 |
| **Preparation Time** | 15 Mins |
| **Cooking Time** | 9 Mins |
| **Total Time** | 25 Mins |

## Nutrition Information

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| **Calories** | 415.00 |
| **Protein** | 32.80 |
| **Protein Serve** | 2.00 |
| **Carbohydrates** | 6.00 |
| **Fat** | 27.30 |

## Ingredients

- 50.00 g Avocado (cut into thin slices)
- 0.30 g Black Pepper (to serve)
- 50.00 g Cheddar Cheese
- 60.00 g Chicken Breast
- 0.25 tsp Coriander (fresh, finely chopped)
- 40.00 g Lettuce (shredded)
- 2.00 tsp Lime Juice (to serve)
- 1.00 tsp Lime Zest (to serve)
- 1.00 tsp Plain yoghurt
- 30.00 g Spring Onion (finely chopped)
- 20.00 g Tomato (diced)

## Instructions

1. Makes 2 Tacos for 1 Serving. Preheat oven to 180ºC (355ºF), fan-forced. Line a tray with parchment paper.
2. Spread grated cheese on the lined tray in two 10cm diameter circles, making sure the cheese completely fills the circle. Bake for 3 minutes, or until completely melted and golden at the edges. Remove from oven and allow to cool on the tray for 2 minutes.
3. Cook chicken breast. Shred chicken using fork once cooked and prepare other ingredients.
4. Using a spatula, remove the 'tacos' from the tray. You can leave them flat or, while warm, fold the taco over a pot handle to make it a hard taco shell.
5. Top with lettuce, chicken, herbs, tomato and yoghurt.
6. Grate over lime zest, a squeeze of lime and season with pepper (or chilli flakes).