

COOK FRESH.

Chicken Taco Skillet

with Cheese & Black Bean Salad

⌚ 30 Mins
Kcal 819 | P 40 g | C 136 g | F 23g

Quick and Easy Spicy

Enjoy a delectable Chicken Taco Skillet topped with melted Cheese and Black Bean Salad.


















Before you start

Preheat the oven to 180 Degrees Celsius
Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

What you'll need

Olive oil, salt, black pepper, chopping board, knife, skillet, wooden spoon, strainer, and a bowl.

Ingredients (2 persons)

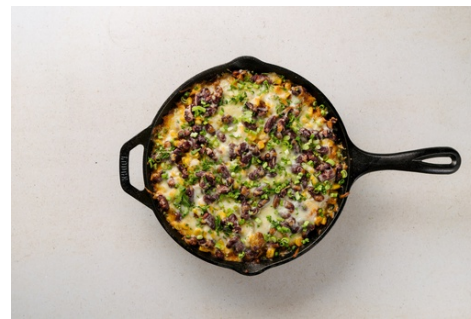
-  Garlic 7GR
-  Red Onion 90GR
-  Yellow Bell Pepper 145GR
-  Jalapeno Peppers 30GR
-  Spring Onion 10GR
-  Coriander Leaves 10GR
-  Chicken Breast Cubes 280GR
-  Taco Seasoning 8GR
-  Orzo Pasta 180GR
-  Home Made Tomato Sauce 200GR
-  Home Made Vegetable Stock 250ML
-  Red Kidney Beans 400GR
-  Corn Kernel 400GR
-  Shredded Mozzarella 70GR
-  Cheddar Cheese 50GR
-  Lime 65GR

Method



Prep the Ingredients

Set your oven to 220°C/200°C (fan)/gas 7 to preheat. Peeling and finely chopping both the **garlic** and **red onion**. Then, cut and chop the **bell pepper** into small cubes; slice the **jalapeno pepper (spicy)** and finely chop the **spring onion** and **coriander leaves**.



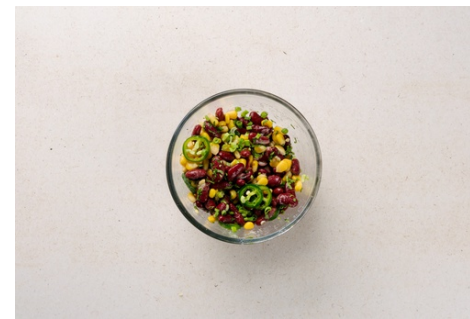
Final Touches

Drain the **red kidney beans** and **corn**. Evenly top the skillet with half of the **kidney beans** and a generous layer of **shredded mozzarella** and **cheddar cheese**. Place the skillet in the oven and bake for 6-8 minutes or until the **cheese** melts.



Pan-fry the Chicken

Heat a skillet over medium-high heat with a drizzle of **oil**. Add the **chicken cubes**, cook them for 4-6 minutes or until golden brown. Add chopped **garlic**, **onion**, **bell pepper**, and half of the **sliced jalapeno (spicy)**, cooking everything for an additional 3-5 minutes. Add the **orzo pasta** and **taco seasoning** to the skillet. Toast with the **chicken** and **vegetables** for 20-30 seconds.



Make the Salsa

In a large bowl, combine the remaining **kidney beans**, **corn**, the other half of the **jalapeno (spicy)**, **spring onion**, and **coriander leaves**. Add a drizzle of **olive oil** and the juice of the **lime**, mixing everything well. Season the **salad** with **salt** and **pepper** to taste.



Simmer the Sauce

Pour in the **homemade tomato sauce** and **vegetable stock**, letting the mixture simmer for 2-3 minutes. Season the skillet with **black pepper** and **salt**.



Serve and Enjoy!

Serve the **cheesy chicken taco skillet** hot, serve with **black bean salad**. Garnish with **spring onion** and **coriander leaves**.

Allergens Dairy Wheat