CHICKEN TACOS



SALSA

**INGREDIENTS**

½ red onion diced

2 jalapeño peppers seeded and diced

2 tablespoon

Fresh cilantro

3 tablespoon lime juice

½ teaspoon

CHICKEN FILLING

 CHICKEN TACOS

2 teaspoons packed light brown sugar

2 teaspoons ground cumin

1 teaspoon chili powder

½ teaspoon salt

½ teaspoon pepper

1 pound skinless, boneless chicken breat

8 small con tortillas, to serve 4 cups shredded lettuce, to serve

1. Make the salsa by putting the onion, jalapeño peppers, and tomatoes into a medium bowl and stirring well. Add the cilantro, lime juice, and salt and stir to combine.

**RECIPE**

1. To make the chicken filling, preheat the boiler to high or put a rigged grill pan over high heat.

In a small bowl, combine the brown sugar, cumin, chili powder, salt and pepper. Rub the spice mixture all over the chicken breasts over high heat for about 4 minutes per side, or until lightly browned on the outside and cooked through with no signs of pink when cut through with a sharp knife. Remove from beat and let cool for about 5 minutes, then slice into ¼ -inch thick slices.

1. To serve, heat the tortillas briefly in the boiler, the top with the chicken, salsa, and lettuce serve inmediatly.

**Stahnsdorf – Germany**

**May 6th to May 10th**



**Vicco-von-Bülow-Gymnasium**

***FOOD SOURCES***





**ENJOY**

**A**

**HEALTHY**

**LIFESTYLE**