



A fan favourite, these chicken tacos will have any guest asking for more. A pop of spice from the chicken is cooled down perfectly with a creamy chickpea and avocado crema. Serve with a side of traditional black beans and you have yourself a Mexican fiesta.

Number of servings: Makes 6 2-taco servings

Preparation time: 45 minutes

Total time: 1 hour, 30 minutes

Allergy-Friendly Recipe

**Chicken Tacos with
Mango Salsa and
Chickpea Avocado Crema**

 **The
Allergy-Friendly
Kitchen**

Presented by Food Allergy Canada and Pfizer Canada



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Nutrition notes:

These tacos are packed with nutrients. Consider preparing double the recipe and storing leftover fillings and crema in the refrigerator for the next day. For a balanced menu serve with a glass of fortified coconut beverage and black beans on a bed of dark leafy greens, drizzled with vinaigrette.

Nutrition information	
Per 1 serving (2 tacos)	
Amount	% Daily Value
Calories 573	
Fat 19 g	28 %
Saturated 1 g	4 %
+ Trans 0 g	
Cholesterol 77 mg	26 %
Sodium 688 mg	29 %
Carbohydrates 67 g	22 %
Fibre 8 g	33 %
Sugars 16 g	
Protein 33 g	
Vitamin A	6 %
Vitamin C	60 %
Calcium	25 %
Iron	25 %

Ingredients

Measurement		Item
2 (about 20 oz)	2 (about 600 g)	Chicken breast (boneless, skinless)
To taste	To taste	Salt
To taste	To taste	Pepper
2 – 6.55 oz cans	2 - 186 mL cans	Chipotle Peppers in Adobo Sauce
1	1	Red onion (½ sliced and ½ diced)
1 ¾ cups	400 mL	Water
2 tbsp	30 mL	Cumin (ground)
1 tbsp	15 mL	Coriander (ground)
4 large	4 large	Limes, divided
1 large	1 large	Mango (diced)
1 large	1 large	Tomato (diced)
¼	¼	Green onion (sliced thinly)
2 tbsp	30 mL	Cilantro (chopped)
½ cup	125 mL	Cooked chickpeas
1	1	Avocado (pitted with skin removed)
¾ cup	175 mL	Fortified coconut beverage
½ tbsp	7 mL	Hot sauce
12 small	12 small	Soft corn tortilla
Handful	Handful	Cilantro leaves

** Note: Read recipes carefully to ensure you are not allergic to any ingredients.*

** Reminder: Read food labels each and every time you buy something. Manufacturers can change their production process and alter their products at any time.*

Instructions:

- Season chicken with salt and pepper and place into a medium pot. Add Chipotle Peppers in Adobo Sauce, ½ red onion thickly sliced, water, cumin, coriander and the zest and juice of one lime. Ensure chicken is covered in liquid and bring to a boil. Then, reduce heat and simmer for 45 minutes.
- Mango salsa: In a medium bowl add diced mango, tomato, green onion, remaining red onion diced, chopped cilantro, and the juice of one lime. Mix and season with salt and pepper to taste. Refrigerate until ready to serve.
- Chickpea Avocado Crema: In a blender add chickpeas, avocado, coconut beverage, hot sauce, juice of one lime, and a pinch of salt and pepper. Puree until smooth. If too thick, add more coconut beverage 1 tablespoon at a time. Season to taste with additional salt and pepper.
- Preheat oven to 350° F (175° C).
- Wrap corn tortillas in foil and place in oven for 10-15 minutes to warm up. If you want a crispy tortilla, grill tortillas on a grill pan on medium high heat over the stove.
- Once chicken is done, place in large bowl and shred with two forks. Strain liquid and pour into a medium size saucepan. Cook liquid on medium heat for an additional 10 minutes. Pour liquid onto shredded chicken and mix well.
- Remove tortillas from the oven. To each tortilla, add a portion of chicken, mango salsa and top with chickpea avocado crema. Roll and garnish with cilantro and lime wedges.

Alternative: Substitute chicken for pork, and cook the pork in a slow cooker for 3 hours on high.