

Shredded chicken tacos with red cabbage & apple slaw

Ingredients: (Serves 4)

1 Tablespoon olive oil
4 Chicken thighs, skinless
1 Brown onion, thinly sliced
1 Red capsicum, thinly sliced
4 Garlic cloves, thinly sliced
1 Tablespoon ground cumin
1 Tablespoon smoked paprika
1 Cup reduced-salt chicken stock
400g Tin diced tomatoes
½ Red cabbage, thinly shredded
1 Granny smith apple, finely julienned or grated
2 Spring onions, thinly sliced
¼ Bunch of coriander, leaves picked
½ Cup Reduced-fat Greek yoghurt
Zest and juice of 1 lime
8 Small tortillas

Method:

1. Heat oil in a large frying pan over medium-high heat. Cook chicken for 2-3 minutes on each side or until browned. Remove from pan. Cook onion and capsicum for 2-3 minutes or until softened. Add garlic and cook for a further minute or until fragrant. Stir through cumin and paprika. Pour in stock and diced tomatoes, and return chicken to the pan. Bring to the boil then reduce heat to medium-low and simmer for 10-15 minutes or until chicken is tender and cooked.
2. Meanwhile, combine cabbage, apple, spring onions and coriander in a medium bowl. In a separate small bowl, combine yoghurt, lime zest and juice. Pour dressing over slaw and toss to coat.
3. Once chicken is cooked remove from the pan and thinly slice or shred with two forks. If the sauce needs to be thickened and reduced further, do this now. Return chicken to the pan and stir through sauce to coat.
4. Warm tortillas if desired. Serve tortillas filled with shredded chicken and slaw.

Nutrition Information (per serve):

Energy:	1994kJ (476cal)	Sodium:	636mg		
Protein:	36.3g	Sat Fat:	4.5g		
Fat:	17.6g	Sugars:	15.2g	Fibre:	8.2g
Carbohydrate:	37.9g				