



JERNEJ KITCHEN

TACOS WITH SPICY CHICKEN WINGS AND FRESH TOPPING

Heavenly good!

SERVES 2 PEOPLE
PREPARATION: 60 MINUTES

SPICY CHICKEN WINGS

- 6 chicken wings, cut in half
- 1/2 teaspoon sweet paprika powder
- 1/2 teaspoon smoked paprika powder
- 1 tsp mustard powder
- 1 tsp salt
- 1 tbsp olive oil
- 1/4 teaspoon tabasco sauce (optional)

CHILI SAUCE

- 1 onion, diced
- 1 tbsp olive oil
- 6 cloves of garlic
- 6 mild chilis
- 3 tbsp white balsamic vinegar
- 1 pinch of allspice
- 1 pinch of ground cloves

TORTILLAS AND TOPPING

- 1 [White flour tortillas](#)
- 1 avocado, ripe
- 1 tomato
- 1 spring onion

SPICY CHICKEN WINGS

Preheat the oven to 180 °C / 350 °F. In a bowl mix well to combine the chicken wings, sweet paprika, smoked paprika, mustard powder, sea salt and olive oil. You can also add a bit of tabasco, if you like your tacos a bit more spicy. Transfer the chicken wings to a baking tray covered with parchment paper and bake for 45 minutes.

CHILI SAUCE

Meanwhile prepare the chili sauce. Place a saucepan over low heat. Add the olive oil, diced onion and diced cloves of garlic. Fry for about 10 minutes. Meanwhile roast the chilis over open fire / gas flame. Once they are all black, remove them from the fire and peel off the burnt skin. Roughly chop the peeled chilis and add them to the saucepan. Pour in the white balsamic vinegar and 2 tablespoons of water. Remove from the heat. Transfer to a blender and blend until you get a smooth sauce. Season to taste with sea salt and black pepper. Also add a pinch of allspice and ground cloves. Transfer to a small bowl and refrigerate until needed.

TIP

[The sauce can be in the fridge for up to a month.](#)

TORTILLAS

Prepare and pan fry the tortillas. If you are using our recipe, simply click on the mustard color ingredient on the left and follow the instructions. Peel the avocado, remove the kernel and roughly chop it, to get small cubes. Also chop the tomatoes. Place both in a small bowl, add the white balsamic vinegar, sea salt and black pepper, stir well, using a spoon. Clean and thinly slice the cabbage and lettuce. Clean the spring onion and thinly slice it. Drain the kidney beans and

1 tbsp white balsamic vinegar
1 handful of cabbage, fresh
1 handful of lettuce, fresh
200 g kidney beans, canned and drained
2 tbsp cream cheese (for example Philadelphia)
100 g greek yogurt
1 bunch of fresh coriander

TOOLS AND EQUIPEMENT

baking tray
kitchen knife
parchment paper
bowls
blender
saucepan

place it in a bowl.

Remove the chicken wings from the oven and separate the meat from the bone. Roughly chop the meat. Place a pan over high heat, add a teaspoon of olive oil and drained beans. Stir and add the chicken wings meat. Fry for about 2 - 3 minutes. Meanwhile add the cream cheese and greek yogurt to the sauce, stir well.

SERVE

Spread a generous amount of sauce over the warm tortillas. Add a spoon of chicken wings meat and beans + the rest of the vegetables topping. You can also add a bit of sesame seeds and fresh coriander leaves. Bon appetite.