



Indian Curry Chicken Street Taco

a recipe from Georgia School Nutrition Program

YIELDS: 8 tacos

PREP TIME: 30 minutes

CATEGORY: Entree

Ingredients:

- 1 seedless cucumber finely chopped
(or regular cucumber with seeds removed)
- 1/3 Cup plain Greek yogurt
- 1 1/2 tsp lemon juice
- 1 tsp minced garlic
- 1 tsp dried dill
- 1/2 tsp kosher salt
- 1 Tbsp chopped fresh mint
- freshly ground pepper
- 2 tsp curry powder
- 1/2 tsp paprika
- 1 lb sliced, cooked, boneless chicken breast
- 2 Tbsp extra-virgin olive oil
- 8 six-inch Naan bread (can substitute flour tortilla)
- 1/4 small red onion thinly sliced
- 1 fresh mango, peeled, and diced
- 1 jalapeño, thin slice
- 1 1/2 Tbsp lemon juice
- 1/2 Cup chopped fresh cilantro, plus more for topping

Steps:

1. Combine the cucumber, yogurt, lemon juice, garlic, dill, salt, chopped mint, and pepper in a medium bowl; toss to coat. Cover and place in cooler (**41° or below, CCP**).
2. Place Naan (or tortilla) on a sheet pan and cover. Place into warmer and hold for service.
3. In a bowl, combine curry powder, paprika, 1 tablespoon olive oil, and chicken toss to evenly coat.
4. Heat a large skillet over medium-high heat. Then add 1 tablespoon olive oil. Add the chicken and cook until browned, 4 to 5 minutes. Reduce the heat to medium and add 1/4 cup water. Cover and cook until the chicken is heated through and tender, 8 to 10 minutes. Use fork to shred.
5. Remove chicken from heat and let rest for 5 minutes. Hold for service (**135° or higher, CCP**).
6. In a bowl, add mango, sliced jalapeño, red onion, and lemon juice, stir to combined.

TOOLS AND EQUIPMENT:

Measuring spoons, measuring cups, mixing bowls, whisk, cutting board, Chef's knife, skillet, stainless food pan, plastic wrap

SERVING INFORMATION:

2 tacos per serving

Place Naan (or tortilla) on a plate and add 1 oz of the chicken. Top with a tablespoon of the yogurt mixture. Then add mango, red onion, jalapeño, lemon juice mixture and top with a sprinkle of chopped cilantro.

NUTRITION INFORMATION

SERVING: 2 tacos

CALORIES: 285 kcals **CARBOHYDRATES:** 25g

PROTEIN: 22g **FAT:** 12g **SATURATED FAT:** 3g

CHOLESTEROL: 42mg **SODIUM:** 384 mg

FIBER: 3g **SUGAR:** 15g

VITAMIN A: 131IU **VITAMIN C:** 11mg

CALCIUM: 194 mg **IRON:** 2mg