

Fresh for Kids<sup>®</sup>

# Avocado, lime & chicken tacos



Avocado, lime & chicken tacos

**Preparation:** about 20 minutes

**Cooking:** about 5 minutes

**Serves:** 4 (makes 8 tacos)

For ease, use a barbecued chicken.

8 taco shells

3 cups shredded cooked chicken

1/3 cup mayonnaise

1 tbs lime juice

Salt and ground black pepper

1 small ripe avocado, halved lengthways,  
deseeded and diced

8 butter lettuce leaves

1 Lebanese cucumber, sliced lengthways  
(using a vegetable peeler)

2 vine-ripened tomatoes, diced

1. Heat tacos following packet directions. Meanwhile, combine chicken, mayonnaise and lime juice in a bowl. Season with salt and pepper to taste. Stir to combine. Gently toss through avocado.
2. Line tacos with butter lettuce leaves and cucumber. Fill with chicken mixture. Serve with diced tomatoes.

Fresh for Kids<sup>®</sup>

[www.freshforkids.com.au](http://www.freshforkids.com.au)



## Avocados

- Avocados contain fat, but it's 'good' unsaturated fat that contains some essential fatty acids needed for healthy membranes around all body cells.
- The richest source of vitamin E among fruits and vegetables. Vitamin E is an important antioxidant that helps keep the membranes around every cell in a healthy condition.
- A good source of vitamin B6. This vitamin has many functions, one of which is to help the body use the amino acids from proteins in muscles.

For fresh fruit and vegetable recipes visit  
[www.freshforkids.com.au](http://www.freshforkids.com.au)

**SYDNEY MARKETS<sup>®</sup>**

**SYDNEY MARKETS<sup>®</sup>**

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. SUM09