



MR HANS

FRESH FAMILY FOOD

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PDF of Recipe

MR HANS says it's...



Very Easy to Ambitious

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Crispy Tortilla Shells, Chicken*, Avocado, Tzatziki, Hummus, Onions, Tomato & Chillies

Prep Time: 25 Mins

Cooking Time: Nil



Serves 1 to 3

INGREDIENTS:

-  Small Soft Tortilla Wraps
- Cooked Chicken* (Omit if veggie)
- Avocado
- Tzatziki (Shop bought)
- Hummus (Shop bought)
- Sliced Red Onion
- Tomato
- Lettuce
- Fresh Red & Green Chillies
- Pickled Garlic
- Fresh Coriander
- Fresh Mint



EQUIPMENT:

- Oven
-  Chopping Board & Sharp Knife
- Ovenproof Loaf Tin / Dish (Over 8cm deep)
- Aluminium Foil
-  Taco Presentation Stand



CHEAT INGREDIENTS:

- Shop bought Taco Shells

EXTRAS:

Salad Leaves
Salt & Freshly Ground
Pepper
Fresh Lime

WHY THESE CHEATS ?

"You can of course buy ready formed Crispy Taco Shells from the supermarket. However, I find these a little thick and slightly small. Small Soft Tortilla Wraps work perfectly and if you follow my process below for creating the classic crispy type shell and shape (using Soft Tortillas), I'm confident that this will be your goto method in the future." - MR HANS



METHOD:

The choice of fillings for this dish is really down to your own preference. I have found that these listed ingredients all marry well together and are complimented with a thin Crispy Tortilla Shell making them similar to Tacos. You can skip the cooking of the Soft Tortilla, but then the dish really becomes a 'Wrap'. I have been testing out the most suitable way of preparing the Tortilla Shells by using items that most people will have ready to hand in their kitchen, namely; Aluminium Foil and a Deep Ovenproof Dish or Tin.

Select [HERE](#) to view an image of the Soft Tortillas prior to them going into the oven

CRISPY TORTILLA SHELLS

- Preheat your oven to the low temperature of 100c
- Create 3 suitable lengths of folded and scrunched up pieces of Aluminium Foil and place and fold them over the edges of the Dish / Tin, as per the image [HERE](#)
- Hang a Soft Tortilla over each piece of foil and gently shape it down. They might spring back slightly, but do not worry as they will soften and hang down more before they crisp up in the oven
- Place the Dish / Tin with the Tortillas into the preheated Oven for exactly 15 minutes
- While the Tortillas are in the Oven, prepare your choice of Fillings (See below for this recipe)
- Remove the Tortillas from the Oven and leave to cool. *Tip: If any have folded too far, scrunch up some of the used Aluminium Foil and place inside the Tortilla whilst it is still warm thus creating a better 'Shell Shape'. Then leave to cool*
- For this recipe ingredients, the layering process for each Crispy Tortilla is...

- Shredded Lettuce
- Chicken (Omit if veggie)
- Hummus
- Finely Sliced Red Onion
- Sliced Avocado
- Salt & Freshly Ground Black Pepper
- Tzatziki
- Finely Diced Tomato
- Finely Diced Fresh Red & Green Chillies
- Finely Diced Pickled Garlic
- Finely Chopped Fresh Mint & Fresh Coriander

For stunning presentation, stand each Tortilla Shell upright on some Fresh Salad Leaves as shown in the image above, or use a specialist [Taco Presentation Stand](#)

TEMPERATURE

Conventional Oven 100c & 100c Fan

Serve with Fresh Lime on the side and a selection of Pickles