

# HEALTHY KIDS MENU



## Approved Recipe

*By Matt Golinski, celebrity chef and  
Health and Wellbeing Queensland's  
healthy food ambassador*

### Chicken and Avocado Soft Tacos

There are so many different ingredients you can put on a taco and this is a super healthy version that incorporates all five food groups.

10 kids serves (2 tacos per serve)

#### Ingredients

- 20 x 15cm soft tortillas
- 500gm roasted, shredded chicken breast
- 1 x 400gm tin red kidney beans, drained, rinsed and crushed
- 1 baby cos lettuce, shredded
- 2 avocados, diced
- 4 roma tomatoes, diced
- 30ml lemon juice
- 15ml olive oil
- ½ tsp sea salt
- 100gm grated cheddar
- 100ml light sour cream

#### Method

1. Wrap the tortillas in foil and warm in the oven or lightly grill them on a BBQ or grill pan before serving.
2. Gently mix together the diced avocado, tomato, lemon juice and olive oil and season with sea salt.
3. Lay out the tortillas and spread each with a heaped teaspoon of crushed beans, then a pinch of lettuce and chicken, a spoonful of the avocado and tomato salsa, a teaspoon of sour cream and a sprinkle of cheese.
4. Serve while the tortillas are still warm.



For more great recipes go to [www.hw.qld.gov.au/recipes](http://www.hw.qld.gov.au/recipes).

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