

Chipotle Lime Taquitos



Serves	Prep Time	Cooking	Total Time	Calories
4 people	10 minutes	25 minutes	25 minutes	532 kcal

Stuff that's in it:

- 500G Chicken Breast (Raw) (Finely Diced)
 - 1 Tsp Olive Oil
- 1 Small Red Onion (Finely Diced)
- 2 Garlic Cloves (Finely Chopped)
 - 1-2 Tsp Chipotle Paste
 - 1 Tsp Ground Cumin
 - 1Tsp Smoked Paprika
 - 1 Lime (Juice And Zest)
- 80G Light Cream Cheese
 - 40G Mozzarella , Grated
- 8 Mini Tortilla Wraps
 - Pinch Salt And Pepper
 - Squirt Oil
- Quick Lighter Queso Dip
 - 1 Tsp Olive Oil
 - 1 Clove Garlic (Sliced)
 - 1Tsp Smoked Paprika

- 1/2 Tsp Cumin
- 1/2 Tsp Onion Powder
- 100Ml Semi Skimmed Milk
- 1/2 Tsp Cornflour (Mixed With 1 Tsp Milk)
- 40G Cheddar (Grated)
- 40G Red Leicester (Grated)
- 30G Light Cream Cheese
- 1/2 Tsp Dijon Mustard
- Pinch Salt And Pepper
- Jalapeños Or Coriander And Lime To Serve (Optional)

What you do:

Heat olive oil in a non-stick pan. Fry the onion for 2–3 mins until starting to soften. Stir in garlic, chipotle, cumin and paprika. Add the raw diced chicken, season with salt and pepper, and cook for 6–8 minutes until fully cooked through. Stir in lime zest and juice.

Take off the heat and mix through the light cream cheese (and cheddar/mozzarella if using) until creamy.

Spoon the filling into each tortilla, roll up tightly into taquito shape (like a cigar). Spray lightly with oil.

Air fry at 200°C for 7–9 minutes, flipping once, until golden and crisp. You can fit 4 taquitos per drawer in the Ninja Dual (using 6-inch wraps).

Serve with yoghurt, coriander, red onion – or better yet... with the queso dip

dip,

□what you do

Warm the oil in a pan, add garlic and spices and stir for 30 seconds. Add the milk and cornflour mix, stir and gently simmer until thickened. Reduce heat and stir in both cheeses plus the light cream cheese until smooth. Season to taste. Add mustard if using. Loosen with extra milk if needed.

Serve warm. Dip generously.

□ Nutrition (MyFitnessPal, per taquito):

Carbs 21g | Fat 9.5g | Sat fat 4g | Fibre 2g | Protein 23g
Calories: 266

□ Nutrition (per portion – 2 taquitos + 1/4 queso dip):

Carbs 42g | Fat 19g | Sat fat 8g | Fibre 4g | Protein 46g
Calories: 532

Freezer friendly: □ (Taquitos only — freeze after cooking, reheat in air fryer 180°C for 8–10 mins)

Meal prep: ☐

Batch cook: ☐

Gluten free: ☐ (use GF wraps & check chipotle paste)

Vegetarian: ☐ (try black beans, corn, or tofu as sub)

Nutrition

- Carbs: 21g
- Fat: 19g
- Protein: 46g
- Fibre: 4g
- Saturated Fat: 8g

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