



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Black beans

Black beans can be cooked in a variety of ways without losing much of their nutritional value, even when exposed to high temperatures.



B2 Chilli Con Pollo with Tortilla Strips

A classic family favourite! Chicken cooked in a rich tomato stew with sweet potato and spices, topped with lime guacamole, fresh corn and spring onions and served with tortilla strips on the side.



25 minutes



2 servings



Chicken

22 July 2022

Spice it up!

You can use your own Mexican spice mix if you have one! Garnish the chilli con pollo with your favourite Mexican toppings - grated cheese, coriander, pickled jalapeños and fresh diced tomato all work well!

FROM YOUR BOX

SPRING ONIONS	1 bunch
CHICKEN MINCE	300g
SWEET POTATOES	300g
TOMATO PASSATA	1 jar
AVOCADO	1
LIME	1
CORN COB	1
BLACK BEANS	400g
TORTILLA STRIPS	1 bag

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, ground cumin

KEY UTENSILS

large frypan with lid

NOTES

You can add the corn to the vegetables to simmer if preferred!



1. BROWN THE CHICKEN

Heat a large frypan or saucepan with **oil**. Slice and add spring onions (reserve green tops) along with chicken, **3 tsp smoked paprika** and **3 tsp cumin**. Cook for 2–3 minutes until fragrant.



2. ADD VEGETABLES & SIMMER

Dice and add sweet potatoes (2–3cm). Pour in passata. Cover and simmer for 15 minutes or until potatoes are tender.



3. MAKE THE GUACAMOLE

Mash avocados with 1/2 lime zest and juice (wedge remaining). Stir through spring onion tops to taste (save remainder for garnish).

Remove corn kernels from cob (see notes). Set aside.



4. STIR THROUGH THE BEANS

Drain, rinse and stir beans through chicken. Season with **salt and pepper** to taste.



5. FINISH AND SERVE

Garnish chilli con pollo with corn and reserved spring onion tops. Serve with guacamole, lime wedges and tortilla strips.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

