



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



#### PRODUCT SPOTLIGHT: CORIANDER

There's no herb that divides people as much as coriander! Love it or not, it's packed with antioxidants and adds a pop of green colour to almost any Asian- or Mexican-style dish!

## 4. CHICKEN CHILLI WITH CORN CHIPS

 30 Minutes

 2 Servings

This chicken chilli is a nice alternative to a traditional beef chilli con carne. It's served with fresh corn and capsicum, coriander, a dollop of yoghurt and crunchy corn chips!

## FROM YOUR BOX

CHICKEN MINCE	300g
SPRING ONIONS	2
BUTTERNUT PUMPKIN	1/2 *
CHOPPED TOMATOES	400g
CORN COB	1
RED CAPSICUM	1/2 *
CORIANDER	1/2 packet *
NATURAL YOGHURT	1/3 tub *
TORTILLA STRIPS	1 packet

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, chilli flakes (optional), ground cumin, smoked paprika, dried thyme, white or rice wine vinegar

## KEY UTENSILS

frypan with lid

## NOTE

Add corn and capsicum to the chilli if you prefer!



### 1. COOK THE MINCE

Heat a frypan with **oil** over medium-high heat. Add chicken mince and cook for 5-6 minutes, breaking up with a spatula.



### 2. ADD THE AROMATICS

Lower heat to medium. Slice and add spring onions with **1/4 tsp chilli flakes, 1 tbsp cumin, 1 tsp thyme and 3 tsp smoked paprika**. Cook for 2-3 minutes until aromatic.



### 3. SIMMER THE CHILLI

Chop and add pumpkin along with tomatoes and **1 tin water**. Simmer for 10 minutes, semi-covered. Season with **salt and pepper**.



### 4. PREPARE THE TOPPINGS

In the meantime, remove corn kernels from cob and dice capsicum. Mix with **1 tbsp olive oil, 1/2 tbsp vinegar, salt and pepper** (see notes).

Pick coriander, keep separate.



### 5. FINISH AND PLATE

Ladle chilli into bowls, top with fresh ingredients and a dollop of yoghurt. Serve with tortilla strips to dip.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

