



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.

