



Product Spotlight: Cabbage

Cabbage belongs to the cruciferous vegetable family, related to kale, broccoli and Brussels sprouts. Cabbage provides a good source of antioxidants!



Mexican Chicken Stew with Buckwheat

This Mexican pulled chicken stew is a delicious, hearty dish that combines vibrant flavours and wholesome ingredients. Served over a bed of nutty buckwheat and garnished with slices of creamy avocado.



30 minutes



2 servings



Chicken

30 June 2023

Smash it!

Use the avocado to make smashed avocado to serve on the stew; add crushed garlic, lime zest and juice, and herbs such as coriander, parsley or chives.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	16g	64g

FROM YOUR BOX

BUCKWHEAT	100g
BROWN ONION	1
GREEN CAPSICUM	1
GREEN CABBAGE	1/4
MEXICAN SPICE MIX	1 packet
CHICKEN BREAST FILLET	300g
TINNED CHERRY TOMATOES	400g
AVOCADO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube of choice (see notes), red wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

We recommend a chicken stock cube, but vegetable or beef will also work.

This stew is a great vessel for extra vegetables! Most loose vegetables, such as zucchini, sweet potato, corn and peas, would make a great addition to this stew and give you leftovers for the next day.

You could garnish with herbs such as coriander, parsley or chives, lime wedges, slices of chilli or crumble over feta cheese.



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1. COOK THE BUCKWHEAT

Place buckwheat in a saucepan and cover with water. Bring to a boil and cook for 10–12 minutes until tender. Drain and rinse.



2. PREPARE THE VEGETABLES

Slice onion, dice capsicum and roughly chop cabbage (see notes).



3. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with oil. Add onion, spice mix and cabbage. Cook for 5 minutes.



4. SIMMER THE STEW

Add capsicum and chicken to frypan with vegetables. Pour in tinned cherry tomatoes along with 1 1/2 tins water. Crumble in stock cube. Simmer, semi covered, for 20 minutes until chicken is cooked through.



5. SHRED THE CHICKEN

Remove chicken from stew and use 2 forks to shred. Return to pan. Season stew with 1 1/2 tbs vinegar, salt and pepper.



6. FINISH AND SERVE

Slice avocado.

Divide buckwheat among shallow bowls. Spoon over stew with shredded chicken. Garnish with avocado slices (see notes).

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