



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: La Tortilla

La Tortilla use only 2 ingredients to make their corn tortillas – premium Western Australian corn and water. The result is a gluten-free, vegan-friendly, preservative-free, healthy bread alternative with a delicious rich nutty flavour.



## F2 Pulled Chicken Tortillas

Local WA corn tortillas, served platter style with fresh crunchy vegetables, pulled chicken breast cooked in our custom blend Mexican spice mix and corn cobettes.

 30 minutes

 2 servings

 Chicken

15 April 2022

## Make it your own!

*Add anything you like to the platter, slices of fresh chilli, shredded cheese, sour cream, guacamole, or even salsa. Make it your own!*

Per serve: **PROTEIN** 55g **TOTAL FAT** 16g **CARBOHYDRATES** 63g

## FROM YOUR BOX

CHICKEN BREAST FILLETS	300g
TOMATO	1
MEXICAN SPICE MIX	1 packet
CORN COB	1
CORN TORTILLAS	8-pack
AVOCADO	1
FESTIVAL LETTUCE	1

## FROM YOUR PANTRY

oil for cooking, olive oil or butter, salt, pepper

## KEY UTENSILS

2 frypans, saucepan

## NOTES

Wrap tortillas in a clean and dry tea towel to keep warm until serving.



### 1. BROWN THE CHICKEN

Bring a saucepan of water to the boil.

Heat a large frypan over medium-high heat with **oil**. Season chicken with **salt and pepper**. Add to frypan and cook for 2 minutes each side to brown.



### 2. MAKE THE SAUCE

Dice tomato and add to pan as you go along with Mexican spice mix. Sauté for 2 minutes. Pour **100ml water** into pan. Simmer, semi-covered, for 12-15 minutes until chicken is cooked through.



### 3. COOK THE CORN

Cut corn into cobs. Add to boiling water and cook for 2 minutes. Drain corn. Optional: rub cobs with **olive oil or butter, salt and pepper**.



### 4. PREPARE THE FILLINGS

Heat a second frypan over medium heat. Add tortillas to dry frypan and warm according to packet instructions (see notes). Slice avocado. Roughly chop lettuce. Set aside on a platter.



### 5. SHRED THE CHICKEN

Remove chicken from the sauce and shred using 2 forks. Return chicken to pan with sauce and combine well. Season with **salt and pepper**.



### 6. FINISH AND SERVE

Add pulled chicken and corn cobs to platter. Serve at the table.

**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](mailto:hello@dinnertwist.com.au)

