



Product Spotlight: Avocado

Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact, they are high in good fats that can help lower cholesterol!



Chilli Con Pollo with Guacamole

This chilli con pollo is the warming dish you need in your life! We've used a custom blend spice mix which brings all the flavour, packed it full of veggies and topped it with fresh, zingy guacamole.



30 minutes



4 servings



Chicken

4 August 2023

Spice it up!

Add some heat to the guacamole! Fresh red chilli, dried chilli flakes or hot sauce would all work well. Add diced tomato, red onion, or herbs such as spring onion green tops, chives, parsley or coriander.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	9g	63g

FROM YOUR BOX

BROWN ONION	1
CHICKEN MINCE	600g
WARM MEXICAN SPICE MIX	1 packet
SWEET POTATOES	600g
ZUCCHINI	1
TOMATO PASSATA	1 jar
AVOCADOS	2
LIME	1
CORN COB	1
TINNED BLACK BEANS	400g

FROM YOUR PANTRY

oil for cooking

KEY UTENSILS

large frypan or saucepan

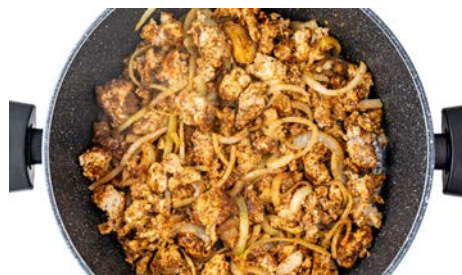
NOTES

Dice zucchini if preferred.

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



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1. BROWN THE CHICKEN

Heat a large frypan (or saucepan) over medium-high heat with **oil**. Slice onion. Add to pan as you go along with chicken and spice mix. Cook for 2-3 minutes until fragrant.



2. ADD VEGETABLES & SIMMER

Dice sweet potatoes (2-3cm pieces) and grate zucchini (see notes). Pour in passata and **2 cups water**. Cover and simmer for 15-20 minutes or until sweet potato is tender.



3. MAKE THE TOPPINGS

Mash avocados with zest and juice from 1/2 lime (wedge remaining).

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



4. ADD 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. Dollop on guacamole and serve with lime wedges.

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**

