




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.



F4 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

 4 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** 53g **TOTAL FAT** 10g **CARBOHYDRATES** 50g

FROM YOUR BOX

CHICKEN BREAST FILLETS	600g
TOMATOES	2
MEXICAN SPICE MIX	1 packet
CORN COBS	2
CORN TORTILLAS	12-pack
AVOCADO	1
GREEN CAPSICUM	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 tomatoes and add to pan as you go along with Mexican spice mix. Sauté for 2 minutes. Pour **200ml 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 and dice capsicum. 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

