



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Coriander


Coriander is also called 'Chinese Parsley' or 'Cilantro'. Coriander seeds have been found in ruins dating back to year 5000 BC (over 7000 years ago!)



## 4 Chicken Con Carne Bowl with Tortilla Strips

Tender chicken strips, moreish mild salsa and crispy tortilla strips. Oh, and let's not forget the lovely addition of avocado and coriander! Leftovers? We think not.

 30 minutes

 2 servings

 Chicken

15 March 2021

## Bulk it up!

*You can bulk up this dish by adding extra veggies to the sauce (like diced capsicum or cherry tomatoes), cooking it with added red lentils & chopped tomato, or serving with rice.*

## FROM YOUR BOX

SPRING ONIONS	1/4 bunch *
CHICKEN STIR-FRY STRIPS	300g
SWEET POTATO	1
MILD SALSA	1 jar
CORN COB	1
AVOCADO	1
CORIANDER	1 packet
TORTILLA STRIPS	1 packet
NATURAL YOGHURT	2/3 cup *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, smoked paprika

## KEY UTENSILS

2 frypans

## NOTES

Add some fresh or dried chilli if you prefer a bit of spice.

Stir the corn into the chicken mix if preferred.

Serve with a wedge of lime if you have it at home!



### 1. COOK THE CHICKEN

Heat a frypan with **1 tbsp oil** over medium-high heat. Slice and add spring onions with chicken strips. Cook for 4-5 minutes.



### 2. ADD THE SALSA

Add diced sweet potato, **2 tsp cumin** and **1 tsp paprika** (see notes). Cook for 2 minutes, then add salsa and **1/2 jar water**. Cover and simmer for 10-15 minutes. Season with **salt and pepper**.



### 3. COOK THE CORN

Heat a second frypan with **oil** over medium-high heat. Remove kernels from corn and add to pan with **1/2 tsp cumin, salt and pepper**. Cook for 6-8 minutes until lightly charred (see notes).



### 4. PREPARE THE AVOCADO

Slice avocado and roughly chop coriander.



### 5. FINISH AND PLATE

Serve chicken into bowls. Top with corn, avocado, coriander and a dollop of yoghurt. Add tortilla strips on the side for scooping (see notes).

**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)

