



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Tortilla strips

These authentic Mexican-style corn tortilla strips are perfectly crunchy, salty, and naturally gluten-free.



2 Chicken Con Carne with Tortilla Strips

Smokey chicken con carne (chilli-free!) served with avocado, tomato, capsicum, and crunchy GF tortilla strips.

 30 minutes

 4 servings

 Chicken

30 July 2021

Make nachos

You can turn this dish into nachos. Roughly chop the chicken then prepare as per step 1 & 2. Arrange tortilla strips in a baking dish, top with chicken and any grated cheese you might have at home. Bake for 5-10 minutes to warm through and serve with garnishes from step 3.

FROM YOUR BOX

SPRING ONIONS	1/2 bunch *
CHICKEN STRIPS	300g
PUY LENTILS	1 packet (200g)
CORN COB	1
CHOPPED TOMATOES	400g
AVOCADO	1
NATURAL YOGHURT	1/3 tub *
RED CAPSICUM	1
CHERRY TOMATOES	1 bag (200g)
TORTILLA STRIPS	1 bag

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan

NOTES

Instead of smoked paprika, ground cumin and dried oregano, you can use a Mexican spice mix. For heat, add some chilli flakes.

If you prefer, dice all the garnishes and mix together as a salsa. Toss with 1 tbsp olive oil, 1/2 tbsp vinegar and season with salt and pepper.



1. COOK THE CHICKEN

Heat a frypan with **oil** over medium-high heat. Slice spring onions (keep some green tops for garnish) and add to pan with chicken. Cook for 3–4 minutes with **1 tbsp paprika**, **1/2 tbsp cumin** and **1/2 tbsp oregano** (see notes).



2. ADD THE VEGETABLES

Add lentils, corn kernels, chopped tomatoes and **2 tins water**. Semi-cover and simmer for 20–25 minutes. Season to taste with **salt and pepper**.



3. PREPARE THE GARNISHES

Mash avocado with **1 tbsp** yoghurt, **salt and pepper**. Place on a plate with sliced capsicum, halved or quartered cherry tomatoes, reserved spring onion tops, and remaining yoghurt (see notes).



4. FINISH AND PLATE

Serve chicken con carne into bowls topped with mashed avo and yoghurt. Enjoy tortilla strips, tomatoes and capsicum on the side.

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

