



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Red lentils


Lentils are super healthy, versatile, and easy to cook. Unlike dry beans, they don't need soaking and are ready to eat in just 10-15 minutes.



## 4 Chicken Con Carne Bowl with Tortilla Strips

Tender chicken strips, wholesome red lentils, 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

 4 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) or serving with rice.*

## FROM YOUR BOX

BROWN ONION	1
CHICKEN STIR-FRY STRIPS	300g
RED LENTILS	1 packet (100g)
SWEET POTATO	400g
MILD SALSA	1 jar
CORN COBS	2
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 **2 tbsp oil** over medium-high heat. Slice and add onion with chicken strips. Cook for 4-5 minutes.



### 2. ADD THE LENTILS

Add lentils, diced sweet potato, **3 tsp cumin** and **2 tsp paprika** (see notes). Cook for 2 minutes, then add salsa and **2 jars 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 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)

