

# Product Spotlight: Avocado

Is your avocado not ripe yet? Place in a paper bag for 2-4 days for a quicker ripening process. Speed up by adding a banana or apple!

# 😰 Chicken Nacho Salad

Layers of tortilla chips, Mexican chicken and fresh diced salsa, finished with a dollop of avocado cream - a super speedy finger picking dish!





You can make traditional nachos if preferred! Simply add some grated cheese and bake in the oven, finish with the fresh toppings and avocado.

N. O.

4 March 2022

#### FROM YOUR BOX

| CORN COB              | 1        |
|-----------------------|----------|
| COOKED CHICKEN BREAST | 1 packet |
| TOMATO PASTE          | 1 sachet |
| AVOCADO               | 1        |
| SPRING ONIONS         | 2        |
| ΤΟΜΑΤΟ                | 1        |
| GREEN CAPSICUM        | 1        |
| TORTILLA STRIPS       | 1 bag    |

### FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, vinegar (of choice)

#### **KEY UTENSILS**

frypan, stick mixer or blender

#### NOTES

You can use your own Mexican spice blend or tomato salsa to cook the chicken and beans if preferred.

You can add some sour cream or yoghurt to the avocado to add extra creaminess. Add some lime or coriander for flavour.



# **1. COOK THE CHICKEN**

Heat a frypan over medium-high heat with oil. Remove corn from cob and chop chicken. Add all to pan along with tomato paste, 1/2 tbsp cumin and 1/4 cup water. Cook for 5 minutes until warmed through. Season with salt and pepper to taste.



# 2. MAKE AVOCADO CREAM

Blend the avocado with **1/3 cup water** and **1 tbsp vinegar** until smooth. Season to taste with **salt and pepper**.



# **3. PREPARE THE TOPPINGS**

Slice spring onions. Dice tomato and capsicum.



#### **4. FINISH AND SERVE**

On a large serving plate, layer the tortilla strips, chicken and toppings. Dollop with avocado and serve at the table.

