DINNER TWIST
LOCAL, HEALTHY, DELIVERED

Product Spotlight: Kidney Beans

Most bean varieties grow as a climbing plant. Native Americans taught colonists to grown beans alongside corn so that the bean plants could climb the cornstalks.

One Pot Chicken Taco Stew

A great one-pot dinner, packed full of flavour from our custom-blend Mexican spice mix, veggies and shredded chicken, served with tortilla strips.

Spice it up!

This dish would be great with a hit of spice. Add a fresh chilli, some pickled jalapeños, dried chilli flakes or your favourite hot sauce for an extra kick.

⏱ 30 minutes 🍴 2 servings 🍗 Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	55g	54g	111g

FROM YOUR BOX

SPRING ONIONS	1 bunch
TOMATO PASTE	1 sachet
MEXICAN SPICE MIX	1 packet
CHICKEN BREAST FILLET	300g
ZUCCHINI	1
CORN COB	1
TINNED KIDNEY BEANS	400g
AVOCADO	1
TORTILLA STRIPS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar

KEY UTENSILS

large saucepan with lid

NOTES

To speed up the cooking time, you can cut the chicken into small pieces. Simmer the stew for 8-10 minutes until chicken is cooked through.

1. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil.** Thinly slice spring onions (reserve green tops). Add to pan along with tomato paste and Mexican spice mix. Cook, stirring, for 1 minute.

2. SEAR THE CHICKEN

Season chicken (see notes) with **salt and pepper** and add to pan. Cook for 3-4 minutes on each side or until browned.

3. SIMMER THE STEW

Roughly dice zucchini. Remove corn kernels from cob. Add to the pan along with kidney beans (including liquid) and **3/4 tin water.** Cover and simmer for 15-20 minutes until chicken is cooked through.

4. PREPARE FRESH TOPPING

Dice avocado and thinly slice reserved spring onion green tops. Toss together.

5. SHRED THE CHICKEN

Remove chicken from pan. Using two forks, shred the meat then return to the pan and stir to combine. Season with **2 tsp vinegar, salt and pepper.**

6. FINISH AND SERVE

Divide stew among bowls. Add fresh toppings and serve with tortilla strips.

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**