



Product Spotlight: Kidney Beans

Most bean varieties grow as a climbing plant. Native Americans taught colonists to grow 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.

30 minutes

2 servings

Chicken

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	56g	28g	96g

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.

Mexican spice mix: smoked paprika, ground cumin, dried oregano.



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**.



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