



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Tomato

Although tomatoes are fruit, they are more like vegetables nutritionally. Keep them on your benchtop for a rich, ripe flavour.



## Chicken Nacho Share Plate

Crispy corn tortilla strips topped with Mexican chicken, fresh salsa and Heavenly Nachos dip and served with corn cobettes and lime.



20 minutes



4/6 servings



Chicken

### Warm it up!

*Add the corn kernels, diced capsicum and tomato to cook with the chicken. Add a tin of crushed tomatoes and extra spice to make a stew. Use the tortilla strips for dipping!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
4P/6P:	38g	24g/31g	55g/71g

## FROM YOUR BOX

	4 PERSON	6 PERSON
CORN COB	1	2
BROWN ONION	1	1
CHICKEN MINCE	600g	600g + 300g
TOMATO PASTE	1 sachet	2 sachets
GREEN CAPSICUM	1	2
TOMATOES	2	3
LIME	1	2
TORTILLA STRIPS	1 bag	2 bags
HEAVENLY NACHOS DIP	1 tub	2 tubs

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried thyme, ground cumin, smoked paprika

## KEY UTENSILS

large frypan or griddle pan, frypan

## NOTES

You can cook the corn with the chicken or keep it fresh in the salsa if you only want to use one pan!



### 1. CHAR THE CORN

Heat a griddle pan or frypan over high heat (see notes). Coat **corn** with **oil, salt and pepper**. Cook, turning occasionally, for 8–10 minutes until charred (see step 5).



### 2. COOK THE CHICKEN

Heat a frypan over medium-high heat with **oil**. Dice and add **onion** along with **chicken**. Stir in **1–2 tsp dried thyme, 1–2 tbsp cumin** and **1–2 tbsp smoked paprika**. Cook for 5 minutes until fragrant.



### 3. SIMMER THE CHICKEN

Stir in **tomato paste** and **1/2 cup water**. Simmer for 5 minutes until cooked through. Season to taste with **salt and pepper**.

**6P** – stir in **3/4 cup water**.



### 4. PREPARE THE SALSA

Dice **capsicum** and **tomatoes**. Toss with zest and juice from **1/2 lime** (wedge remaining) and **1 tbsp olive oil**.

**6P** – use juice from **1 lime** and **1 1/2 tbsp olive oil**.



### 5. FINISH AND SERVE

Cut **corn cob** into cobs.

Arrange **tortilla strips** on a large serving plate. Top with **chicken**, dollops of **nacho dip** and scatter with **salsa**. Serve with **corn cobs** and **lime wedges**.



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