



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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
4/6 Person:	47g/53g	15g/19g	50g/63g

FROM YOUR BOX

	4 PERSON	6 PERSON
SPRING ONIONS	1 bunch	2 bunches
TOMATO PASTE	1 sachet	2 sachets
MEXICAN SPICE MIX	1 packet	2 packets
CHICKEN BREAST FILLETS	600g	600g + 300g
ZUCCHINI	1	1
CORN COB	1	2
TINNED KIDNEY BEANS	400g	400g
AVOCADO	1	2
TORTILLA STRIPS	1 packet	2 packets

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.



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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 **1 1/2 tins water**. Cover and simmer for 15–20 minutes until **chicken** is cooked through.

6P – add **veggies to pan along with kidney beans (including liquid) and 2 1/2 tins water**.



4. PREPARE FRESH TOPPING

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



5. SHRED THE CHICKEN

Remove the **chicken** from pan. Using two forks, shred the **meat** then return to the pan and stir to combine. Season with **1 tbsp vinegar, salt and pepper**.

6P – season with **1 1/2 tbsp 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

