



Product Spotlight: Corn cob

Corn is an unusual food, falling into not just one food category but two. While the kernels are classified as a vegetable, if you dry them and make popcorn, they are considered a grain!



Peri Peri Chicken Nachos with Lime

Delicious peri peri chicken on tortilla strips, covered with cheddar and baked in the oven, then finished with fresh chopped tomato, avocado and lime.



20 minutes



2 servings



Chicken

Adjust the spice!

If you prefer less spice, stir 1-2 tbsp yoghurt through the chicken before adding it to the tortilla strips. You can also serve the nachos with a dollop of yoghurt or sour cream!

Per serve: **PROTEIN** 53g **TOTAL FAT** 66g **CARBOHYDRATES** 103g

FROM YOUR BOX

CORN COB	1
PRECOOKED CHICKEN BREAST	1 packet
TOMATO	1
LIME	1
AVOCADO	1
TORTILLA STRIPS	1 packet
SHREDDED CHEDDAR CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, oven tray

NOTES

You can mash the avocado with lime juice to make a guacamole if preferred!



1. COOK THE FILLING

Set oven grill to 200°C.

Heat a frypan over medium heat with **oil**. Remove corn from cob and chop chicken. Add to pan along with **1/4 cup water**. Cook for 6–8 minutes. Season with **salt and pepper**.



2. PREPARE THE TOPPINGS

Dice tomato and combine with zest and juice from 1/2 lime (wedge remaining). Slice avocado (see notes). Set aside.



3. BAKE THE NACHOS

Lay tortilla strips over a lined oven tray. Top with chicken filling and cheese (use to taste). Grill in oven for 2–5 minutes until cheese is melted.



4. FINISH AND SERVE

Serve nachos topped with avocado, diced tomato and lime wedges at the table.



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