




Product Spotlight: Jalapeño


In the Americas, the use of chilli, including jalapeños, dates back thousands of years, including the practice of smoking some varieties to preserve them.



Spiced Chicken with Avocado Crema

Spiced chicken, roasted veggies, charred corn and crunchy lettuce served on a whipped avocado and jalapeño crema, finished with a squeeze of lime.

 35 minutes

 2 servings

 Chicken

Wrap it up!

Add some corn tortillas to serve all the ingredients wrapped up in - it also makes a perfect lunch for the leftovers.

Per serve: **PROTEIN** 36g **TOTAL FAT** 24g **CARBOHYDRATES** 89g

FROM YOUR BOX

RED ONION	1
GREEN CAPSICUM	1
SWEET POTATO	500g
CORN COB	1
AVOCADO	1
JALAPEÑO	1
LIME	1
BABY COS LETTUCE	1
CHICKEN SCHNITZELS	300g

FROM YOUR PANTRY

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

KEY UTENSILS

oven tray, large frypan, stick mixer

NOTES

You can add the chicken to the tray to roast if you prefer!



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1. ROAST THE VEGGIES

Set oven to 220°C.

Wedge **red onion**, slice **capsicum** and dice **sweet potato** (roughly 2–3 cm). Toss on a lined oven tray with **1 tsp smoked paprika, salt, pepper and oil**. Roast for 20 minutes.



4. PREPARE THE TOPPINGS

Finely shred **lettuce**. Set aside with **charred corn, sliced jalapeño** and **lime** cut into wedges.



2. CHAR THE CORN

Heat a large frypan with **oil** over medium-high heat. Remove **corn kernels** from cob and add to pan. Cook for 5–8 minutes, stirring occasionally until charred. Remove from pan, reserve for step 5.



5. COOK THE CHICKEN

Thinly slice **chicken** (or dice). Toss with **1 tbsp olive oil, 1 tsp smoked paprika, 1 1/2 tsp cumin, salt and pepper**.

Reheat frypan over high heat. Add **chicken** and cook for 5–6 minutes or until cooked through and golden (see notes).



3. MAKE THE AVOCADO CREMA

Blend **avocado, 1/3 chopped jalapeño** (slice remaining), **zest from 1/2 lime** and **1/4 cup water** using a stick mixer or blender until smooth. Add more **water** if needed (it should be thick and spreadable) and season with **salt and pepper** to taste.



6. FINISH AND SERVE

Spread a layer of **avocado crema** on 2 dinner plates. Arrange **roasted veggies, chicken**, and **remaining ingredients** on top. Garnish with **sliced jalapeño** and **lime wedges**.

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