



### 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.



## Fajita 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



4 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:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	50g	32g	65g

## FROM YOUR BOX

RED ONION	1
GREEN CAPSICUM	1
SWEET POTATO	500g
CORN COB	1
AVOCADOS	2
JALAPEÑO	1
LIME	1
BLACK BEANS	400g
BABY COS LETTUCE	1
CHICKEN SCHNITZELS	600g

## 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 beans to the tray to roast if you would like to warm them up!



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### 1. ROAST THE VEGGIES

Set oven to 220°C.

Wedge **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

Drain and rinse **beans**, 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 **2 tbsp olive oil, 2 tsp smoked paprika, 3 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 **avocados**, **1/2 chopped jalapeño** (slice remaining), **lime zest** and **1/2 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 4 dinner plates. Arrange roasted veggies, chicken, and remaining ingredients on top. Garnish with sliced jalapeño and lime wedges.

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