



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Avocado

Is your avocado not ripe yet? Put it in a paper bag for 2-4 days to speed up the process. Adding a banana or apple will make it even quicker!



M4 Pulled Chicken Burritos with Guacamole

Warm tortillas filled with Mexican pulled chicken, guacamole, fresh salad and coriander – the perfect weeknight family fiesta dish!



25 minutes



4 servings



Chicken

October 2022

Mix it up!

Instead of making pulled chicken, you can coat the schnitzels with the spice mix and cook them on the BBQ, then slice before serving. Add some grated cheddar, lime or pickled jalapeños if you have some.

FROM YOUR BOX

BROWN ONION	1
TOMATO PASTE	2 sachets
MEXICAN SPICE MIX	1 sachet
CHICKEN SCHNITZELS	600g
AVOCADOS	2
TOMATOES	2
CORIANDER	1 packet
BABY COS LETTUCE	1
WHEAT TORTILLAS	8-pack

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan with lid, griddle pan or frypan

NOTES

The Mexican spice mix used in this dish is mild in flavour – perfect for little ones! If you want to keep it mild you can leave out the ground cumin.

Keep the tortillas warm by wrapping them in a clean tea towel.

No gluten option – wheat tortillas are replaced with corn tortillas. Warm the tortillas for 10 seconds each side in step 5.



1. SAUTÉ THE AROMATICS

Heat a large frypan over medium-high heat with **2 tbsp oil**. Slice and add onion. Cook for 3–4 minutes until softened. Stir in tomato paste, spice mix and **2 tsp cumin** (see notes). Cook for 2 minutes until fragrant.



2. SIMMER THE CHICKEN

Stir in **1 cup water** until combined. Add chicken to pan. Cover and cook for 10 minutes, turning half way (see step 4).



3. PREPARE THE FILLINGS

Mash the avocados together with **1/2 tbsp olive oil, salt and pepper**.

Dice tomatoes and chop coriander. Finely shred lettuce leaves. Set aside.



4. PULL THE CHICKEN

Remove chicken from pan. Keep pan on heat and simmer sauce uncovered until reduced. Use two forks to shred or finely slice the chicken. Return chicken to sauce and season with **salt and pepper**.



5. WARM THE TORTILLAS

Heat a griddle pan or frypan over medium-high heat. Warm the tortillas for 20–30 seconds each side. Keep warm until serving (see notes).



6. FINISH AND SERVE

Assemble the burritos with mashed avocado, pulled chicken and fillings.

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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

