




Product Spotlight: Lime


Fresh lime fruit contains 88% water and has more sugar and acid compared with lemons! Next time you have both in your kitchen, why not see if you can taste the difference?



2 Mexican Chicken Wraps with Corn, Avocado and Lime Crema

Take all components to the dinner table, turn up the fiesta music and put on the sombreros; it's time for Mexican wraps!

 30 minutes

 4 servings

 Chicken

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Make salsa instead

If you prefer, you can make veggie salsa instead of keeping veggies separate. Chop avocado and capsicum and mix with corn kernels. Season to taste with olive oil, salt and pepper. You can also add fresh tomato, coriander or red onion if you have some!

FROM YOUR BOX

DICED CHICKEN THIGH FILLETS	600g
SPRING ONIONS	1/3 bunch *
BLACK BEANS	400g
DICED TOMATOES	400g
CORN COBS	2
RICOTTA CHEESE	1/2 cup *
LIME	1
AVOCADO	1
RED CAPSICUM	1
WRAPS	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive + oil (for cooking), salt and pepper, dried oregano, smoked paprika, ground cumin

KEY UTENSILS

large frypan, saucepan, stick mixer

NOTES

If you like it spicy, add some fresh or dried chilli to the chicken.

No gluten option – wraps are replaced with GF wraps.



1. COOK THE CHICKEN

Set oven to 180°C (optional, see step 5).

Heat a large frypan with **1 tbsp oil** over medium-high heat. Add chicken thighs with **1 tbsp smoked paprika**, **2 tsp cumin** and **2 tsp oregano** (see notes). Cook for 3–4 minutes.



2. ADD THE VEGETABLES

Slice spring onions and drain beans, add to pan with tomatoes. Simmer, semi-covered, for 10 minutes. Season with **salt and pepper**.



3. COOK THE CORN

Halve corn cobs and place in a saucepan, cover with water. Bring to the boil, then drain and set aside.



4. MAKE THE LIME CREMA

Use a stick mixer to blend ricotta with 1 tsp lime zest, juice from 1/2 lime (wedge remaining), **1 tbsp olive oil**, **1/2 tsp cumin**, **salt and pepper**.



5. PREPARE THE VEGGIES

Dice avocado and capsicum.
Cover wraps in foil and place in the oven to warm through (optional).



6. FINISH AND PLATE

Take all components to the table for everyone to assemble their own wrap.

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**

