



Product Spotlight: La Tortilla

La Tortilla uses whole corn kernels to make their tortillas; this gives a more natural corn flavour.



Chicken Tostadas with Creamy Coleslaw

Mexican diced chicken breast served on crunchy corn tortillas with creamy coleslaw, fresh avocado and pickled shallot with corn cobettes on the side.



30 minutes



2-3 servings



Chicken

Spice it up!

To spice it up, serve this dish with your favourite hot sauce, a sprinkle of dried chilli flakes, slices of fresh red chilli or jalapeño or some pickled jalapeño.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	33g	63g

FROM YOUR BOX

SHALLOT	1
CORN COB	1
COLESLAW	1 packet
COLESLAW DRESSING	1 packet
AVOCADO	1
DICED CHICKEN BREAST	300g
TOMATO PASTE	1 sachet
CORN TORTILLAS	8-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, white wine vinegar, sugar of choice, smoked paprika

KEY UTENSILS

2 frypans

NOTES

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

BBQ the corn for a smoky flavour. Coat with butter to serve, or a mixture of smoked paprika, mayonnaise and lime zest to make street corn!

Line plate with paper towel or a clean towel. You can also place crispy tortillas on a baking rack to drain.



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1. PICKLE THE SHALLOT

In a non-metallic bowl (see notes) whisk together **1/4 cup vinegar**, **2 tbsp water**, **1 tsp salt** and **1 tsp sugar**. Thinly slice **shallot** and add to bowl. Set aside to pickle, then drain before serving.



2. COOK THE CORN COBS

Heat a frypan (see notes) over medium-high heat with **oil**. Husk **corn cob** and add to pan. Cook for 10 minutes, turning occasionally, until cooked through. Remove and reserve pan for step 5.



3. PREPARE THE TOPPINGS

Add **coleslaw** and **dressing** to a large bowl along with **2 tsp vinegar**. Toss to combine.

Slice **avocado**.



4. COOK THE CHICKEN

Heat a second frypan over medium-high heat with **oil**. Coat **chicken** with **2 tsp paprika**. Add to pan and cook for 5 minutes. Add **tomato paste** and **3 tbsp water**. Cook for a further 4-5 minutes until chicken is cooked through. Season to taste with **salt and pepper**.



5. CRISP THE TORTILLAS

Reheat pan over medium-high heat with **oil**. Add **tortillas**, in batches, and cook for 1 minute each side until crispy. Remove to a lined plate (see notes) to drain.



6. FINISH AND SERVE

Cut corn into **cobettes** and season to taste with **salt and pepper**.

Serve crispy tortillas on plates or a platter with toppings, chicken and corn cobettes.

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