



### 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



4-6 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
	32g	33g	56g

## FROM YOUR BOX

SHALLOT	1
CORN COBS	2
COLESLAW	1 packet
COLESLAW DRESSING	1 packet
AVOCADOS	2
DICED CHICKEN BREAST	600g
TOMATO PASTE	1 sachet
CORN TORTILLAS	12-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 the plate with paper towel or a clean towel. You can also place crispy tortillas on a baking rack to drain.



### 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 cobs** 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 **avocados**.



### 4. COOK THE CHICKEN

Heat a second frypan over medium-high heat with **oil**. Coat **chicken** with **1 tbsp paprika**. Add to pan and cook for 5 minutes. Add **tomato paste** and **1/4 cup water**. Cook for further a 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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