




### Product Spotlight: Corn


Keep your corn in their husks and store in the fridge for up to 5 days. For longer storage, cut off the kernels and freeze in an airtight container.




## Corn Wraps with Chipotle Chicken

Golden, cheesy corn wraps baked until crisp are piled high with chicken, fresh tomato salsa, avocado and a drizzle of chipotle lime mayo, served with a bright cabbage slaw for crunch and colour.

 40 minutes

 2 servings

 Chicken

### Switch it up!

*Roughly chop the baked corn rounds and layer them into bowls with the chicken, salsa, avocado and cabbage, then drizzle generously with chipotle lime mayo to create a loaded corn bowl. Toss everything together just before serving.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	45g	52g

## FROM YOUR BOX

CORN COBS	2
SHREDDED CHEDDAR CHEESE	1 packet
SHREDDED WHITE CABBAGE	250g
SPRING ONIONS	1 bunch
AVOCADO	1
TOMATO	1
LIME	1
CHIPOTLE & LIME MAYO	1 sachet
PRE-COOK CHICKEN BREAST	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, apple cider vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

Spice it up this dish with slices of chilli or jalapeño, your favourite hot sauce or a sprinkle of dried chilli flakes.

Garnish extra herbs like coriander for freshness.



### 1. BOIL THE CORN

Set oven to 220°C.

Remove husks and silks and halve **corn cob**. Place **cob** in a saucepan, cover with water and bring to a boil. Drain **cobs**.



### 2. MAKE THE WRAPS

Line an oven tray. Remove **corn kernels** from cobs. Divide **corn kernels** across oven trays and form 4 rounds. Top each round with **cheddar cheese**. Bake for 10-15 minutes, or until **cheese** is melted and golden brown.



### 3. MAKE THE SALSA

Dice **tomato** and thinly slice **spring onions**. Add to a bowl as you go, along with **lime zest** and **juice** from half **lime** (wedge remaining). Season with **salt and pepper**.



### 4. DRESS THE CABBAGE

Add **1 1/2 tbsp olive oil**, **1 tbsp vinegar**, **salt** and **pepper** to a large bowl, whisk to combine. Add **cabbage** to bowl and toss to dress.



### 5. PREPARE THE FILLINGS

Roughly shred or chop **chicken** and slice **avocado**. Add **chipotle & lime mayo** to a bowl along with **1 tsp water**, mix to loosen.



### 6. FINISH AND SERVE

Use a spatular to place **corn wraps** on plates. Fill with **avocado**, **chicken** and **salsa**. Drizzle over **chipotle & lime mayo**. Serve with a side of **dressed cabbage** and **lime wedges** (see notes).



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