



### 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



4/6 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
4/6 Person:	23g/45g	22g/40g	34g/49g

## FROM YOUR BOX

	4 PERSON	6 PERSON
CORN COBS	4	6
SHREDDED CHEDDAR CHEESE	1 packet	2 packets
SHREDDED WHITE CABBAGE	250g	2x 250g
SPRING ONIONS	1 bunch	2 bunches
AVOCADOS	2	3
TOMATOES	2	3
LIME	1	2
CHIPOTLE & LIME MAYO	1 sachet	2 sachets
PRE-COOK CHICKEN BREAST	1 packet	2 packets

## 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.



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### 1. BOIL THE CORN

Set oven to 220°C.

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



### 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.

**6P** – add **3 tbsp olive oil**, **2 tbsp vinegar**, **salt** and **pepper** to bowl.



### 2. MAKE THE WRAPS

Line two oven trays. Remove **corn kernels** from cobs. Divide **corn kernels** across oven trays and form 8 rounds. Top each round with **cheddar cheese**. Bake for 10-15 minutes, or until **cheese** is melted and golden brown.

**6P** – divide **corn kernels** across oven trays and form 12 rounds.



### 5. PREPARE THE FILLINGS

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



### 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**.



### 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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