



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: YOGHURT

Natural yoghurt contains good bacteria, known as "Probiotics", which can aid digestion and support a healthy digestive tract!



2. WHITE CHICKEN CHILLI

WITH CRISPY TORTILLA STRIPS

 30 Minutes

 4 Servings

The white version of your chilli con carne which uses shredded chicken and mild green jalapeño. This chilli is flavoured with cumin and fresh lime then topped with crispy corn tortilla strips.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
48g	12g	44g

27 April 2020

FROM YOUR BOX

BROWN ONION	1/2 *
CELERY STICKS	2
CARROTS	2
GREEN CAPSICUM	1
CORN COBS	2
CHICKEN BREAST FILLETS	600g
CORN TORTILLAS	1 packet
JALAPEÑO	1
CORIANDER	1/2 packet *
NATURAL YOGHURT	1/2 tub *
LIME	1

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, ground cumin, dried oregano, flour (of choice)

KEY UTENSILS

large saucepan or frypan with lid, frypan

NOTES

Use a stock cube or liquid stock to cook the chilli for added depth of flavour!

The tortilla strips will crisp up more as they cool down.



1. SAUTÉ THE AROMATICS

Heat a saucepan over medium-high heat with **oil**. Dice or slice onion, celery, carrots and capsicum. Remove corn from cobs. Add to pan as you go along with **2 tbsp cumin**. Cook for 5 minutes.



2. POACH THE CHICKEN

Cut the chicken in halves horizontally. Add to pan along with **1 tbsp flour** and **1 tsp oregano**. Pour in **1L water** (see notes). Cover and simmer for 10-15 minutes until chicken is cooked through (see step 5).



3. CRISP THE TORTILLA STRIPS

Heat a frypan over medium-high heat with **oil**. Slice tortillas into strips. Cook for 6-8 minutes tossing until golden and crispy. Take off heat (see notes).



4. PREPARE THE TOPPINGS

Slice jalapeño and chop coriander. Set aside with yoghurt.



5. SHRED THE CHICKEN

Remove cooked chicken from saucepan and shred or slice. Stir the chicken back through the broth. Add lime zest and 1/2 the juice (wedge remaining). Season with **salt and pepper**.



6. FINISH AND PLATE

Divide chicken chilli among bowls. Top with crispy tortilla strips and toppings. Serve with lime wedges.