



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Kidney Beans

Most bean varieties grow as a climbing plant. Native Americans taught colonists to grow beans alongside corn so that the bean plants could climb the cornstalks.



1 One Pot Chicken Taco Stew

A great one-pot dinner, packed full of flavour from our custom-blend Mexican spice mix, veggies and shredded chicken, served with tortilla strips.



30 minutes



2 servings



Chicken

29 October 2021

Spice it up!

This dish would be great with a hit of spice. Add a fresh chilli, some pickled jalapeños, dried chilli flakes or your favourite hot sauce for an extra kick.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	58g	33g	114g

FROM YOUR BOX

SPRING ONIONS	1/3 bunch *
TOMATO PASTE	1 sachet
MEXICAN SPICE MIX	1 packet
CHICKEN BREAST FILLET	300g
ZUCCHINI	1/2 *
CORN COB	1
TINNED KIDNEY BEANS	400g
AVOCADO	1
TORTILLA STRIPS	1 packet (230g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, rice wine vinegar (or white wine vinegar)

KEY UTENSILS

large saucepan with lid

NOTES

To speed up the cooking time, you can cut the chicken into small pieces and cook for 8-10 minutes.



1. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil**. Thinly slice spring onion whites (reserve green tops). Add to pan along with tomato paste and Mexican spice mix. Cook, stirring, for 1 minute.



2. SEAR THE CHICKEN

Season chicken with **salt and pepper** and add to pan. Cook for 3-4 minutes on each side or until browned.



3. SIMMER THE STEW

Roughly dice zucchini. Remove corn kernels from cob. Add to the pan along with kidney beans (including liquid) and **3/4 tin water**. Simmer, covered, for 15-20 minutes or until chicken is cooked through (see notes).



4. PREPARE FRESH TOPPING

Dice avocado and thinly slice reserved spring onion green tops. Toss together.



5. SHRED THE CHICKEN

Remove chicken from pan. Using two forks, shred the meat then return to the pan and stir to combine. Season with **1/2 tbsp vinegar, salt and pepper**.



6. FINISH AND SERVE

Divide stew among bowls. Add fresh toppings and serve with tortilla strips.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

