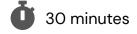


## One Pot Chicken Taco Stew

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







# 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.

TOTAL FAT CARBOHYDRATES

58g

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)

<sup>\*</sup>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 oven 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.



