



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

 2 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
51g	12g	53g

27 April 2020

FROM YOUR BOX

BROWN ONION	1/2 *
CELERY STICK	1
CARROT	1
GREEN CAPSICUM	1/2 *
CHICKEN BREAST FILLETS	300g
CORN TORTILLAS	1 packet
JALAPEÑO	1
CORIANDER	1/2 packet *
NATURAL YOGHURT	1/3 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

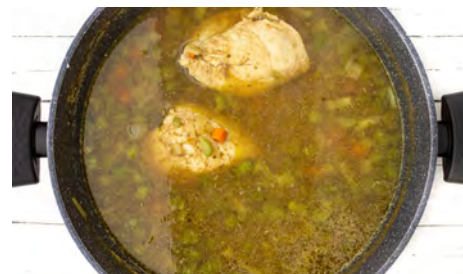
Use a stock cube or liquid stock to cook the chilli for added depth of flavour!

The tortilla strips will crisp up more as they cool down. Save any leftover strips in an airtight container. They are great tossed through a salad or as a soup topper!



1. SAUTÉ THE AROMATICS

Heat a saucepan over medium-high heat with **oil**. Dice or slice onion, celery, carrot and capsicum. Add to pan as you go along with **1 1/2 tbsp cumin**. Cook for 5 minutes.



2. POACH THE CHICKEN

Cut the chicken in half horizontally. Add to pan along with **1/2 tbsp flour** and **1/2 tsp oregano**. Pour in **2 1/2 cups 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 (use to taste). 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.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

