

MARLEY SPOON



Chicken Tostados

with Avocado Cream



20-30min



2 Portions

The word 'tostadas' is the Spanish word for 'toasted' and usually refers to food that's been grilled. Here, we've been a bit cheeky and decided to grill the chicken, but deep-fry the tortillas and the result is a super crispy golden base for the succulent chicken and refreshing avocado mash.

What we send

- 1 jalapeno and coriander
- tortillas ¹
- Lebanese cucumber
- lime
- avocado
- spice mix
- free-range chicken tenderloins

What you'll require

- Australian honey
- olive oil
- salt and pepper
- vegetable oil

Utensils

- deep frypan
 - foil
 - grater
 - oven tray
 - paper towel
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1). May contain traces of other allergens.

Nutrition per serving

Energy 810.0kcal, Fat 44.0g, Proteins 43.5g, Carbs 54.3g



1. Prepare chicken

Mix 1 tbs **olive oil**, 2 tsp **honey**, 2 tsp **spice mix** and some **sea salt and pepper** in a bowl. Add the **chicken tenderloins** and toss to coat.



4. Grill chicken

Preheat the oven grill to high. Place the **chicken** on an oven tray lined with foil. Cook the chicken under the grill for 2-3 mins each side until golden and cooked through. Rest for 5 mins.



2. Prepare ingredients

Peel and stone the **avocado**. Dice the flesh. Zest the **lime** and squeeze the juice into a medium bowl. Pick the **coriander** leaves (discard stems). Thinly slice the **chilli** (deseed for less heat if you prefer). Dice the **cucumber**.



5. Fry tortilla

Meanwhile, heat 1cm **vegetable oil** in a small deep frypan over high heat and deep-fry 6 of the **tortilla** (one at a time) for 30 secs each side or until crisp and golden, taking care as the oil may spit. Drain on paper towel.



3. Make spread

Add the **avocado** to the **lime zest** and **juice** and season with **sea salt and pepper**. Coarsely mash with a fork until combined.



6. Assemble tortilla

Lay **tortilla** flat and spread each with a little of the **avocado spread**, arrange the **chicken** on top and scatter over the **cucumber**, **coriander** and **chilli**.