

DINNERLY



 HEALTHY

Chicken Tortilla Bowls with Mexican Mayo



20-30 minutes



2 Servings

An edible bowl? Now that's nifty! Grab some tortilla wraps, shape and bake, then load up with a moreish Mexican chicken mix and dig in.

WHAT WE SEND

- free-range chicken tenderloins
- 1 carrot
- 4 flour wraps ¹⁶
- 5g Mexican spice blend ¹⁷
- 70 mixed salad leaves
- 150g corn kernels

WHAT YOU NEED

- garlic clove
- olive oil
- salt and pepper
- water

TOOLS

- foil
- medium frypan
- oven tray
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 580kcal, Fat 28.4g, Carbs 38.2g, Proteins 40.5g



1. Make tortilla bowls

Preheat oven to 200C. To make moulds for the tortilla bowls, scrunch up sheets of foil into 2 balls, then flatten slightly to 8cm discs and put on an oven tray. Brush **2 tsp olive oil** over both sides of **2 wraps** (the remaining wraps won't be used in this dish), then drape wraps over foil balls. Bake for 8-10 mins until golden and crisp.



2. Prep veggies

Meanwhile, bring a small saucepan of water to the boil. Peel and coarsely grate the **carrot**. Crush or finely chop **1 garlic clove**. Cook the **corn** in the pan of boiling water for 3 mins, then drain.



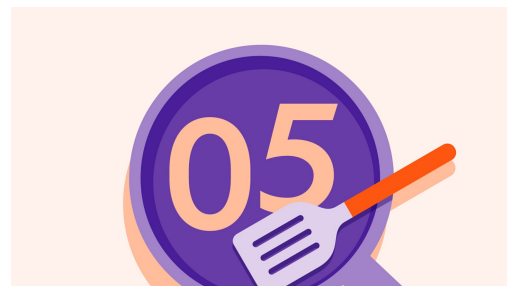
3. Marinate and cook chicken

Sprinkle **1½ tsp of the Mexican seasoning** over the **chicken**, season with **salt and pepper** and rub to coat. Heat **1 tbs olive oil** in a medium frypan over medium-high heat. Cook the **chicken** for 3 mins each side or until golden. Add the **garlic** and cook, stirring, for 1 min or until fragrant. Remove the pan from heat.



4. Make Mexican mayo

Meanwhile, put **1 tbs mayonnaise**, **2 tsp water** and **½ tsp Mexican seasoning** (or to taste) in a bowl and whisk to combine.







5. Serve up

Thickly slice the **chicken**. Tear or coarsely chop the **salad leaves**. Toss the salad leaves, **carrot** and **corn** to combine, season with **salt and pepper**, then divide among the **tortilla bowls**. Top with the chicken and drizzle over the **Mexican mayo** to serve.



6. Make it yours

Go full Mexican with extra chopped avocado, canned red kidney beans or a dollop of sour cream.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 Packed in Australia
from at least 75%
Australian ingredients