

# DINNERLY



 HEALTHY

## Chicken Tortilla Bowls with Mexican Mayo



20-30 minutes



4 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

- 2 carrots
- free-range chicken tenderloins
- 300g corn kernels
- 4 flour wraps <sup>16</sup>
- 10g Mexican spice blend <sup>17</sup>
- 140g mixed salad leaves

## WHAT YOU NEED

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

## TOOLS

- foil
- large frypan
- medium saucepan
- oven tray

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.

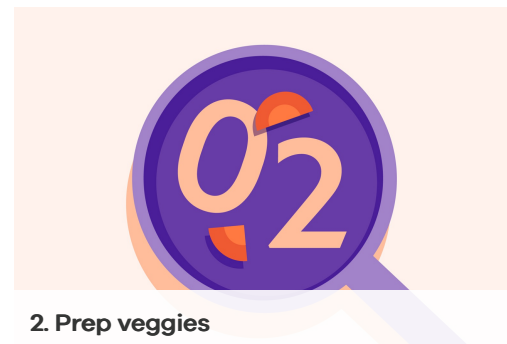
## NUTRITION PER SERVING

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 4 balls, then flatten slightly to 8cm discs and put on 2 oven trays. Brush **1 tbs olive oil** over both sides of **4 wraps**, then drape wraps over foil balls. Bake for 8-10 mins, rotating the trays halfway, until the tortilla bowls are golden and crisp.



### 2. Prep veggies

Meanwhile, bring a medium saucepan of water to the boil. Peel and coarsely grate the **carrots**. Crush or finely chop **2 garlic cloves**. Cook the **corn** in the pan of boiling water for 3 mins, then drain.



### 3. Marinate and cook chicken

Sprinkle **3 tsp of the Mexican seasoning** over the **chicken**, season with **salt and pepper** and rub to coat. Heat **2 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.



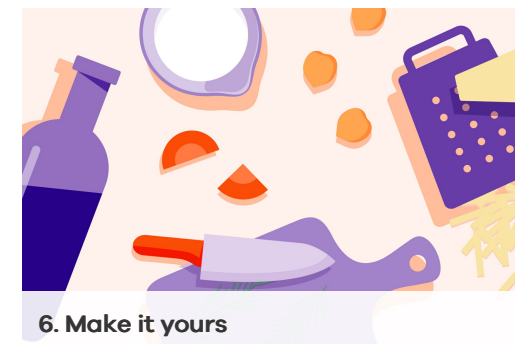
### 4. Make Mexican mayo

Meanwhile, put **2 tbs mayonnaise**, **1 tbs water** and **1 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](mailto:hi@dinnerly.com.au)

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 **Packed in Australia**  
from at least **75%**  
**Australian ingredients**