

DINNERLY



Teriyaki Chicken Bowls with Shredded Carrot and Tortilla ...



20-30 minutes



2 Servings

Ditch the knife and fork, roll up the sleeves and dive into homemade tortilla chips, delicious shredded chicken in a teriyaki dressing and a lime-spiked carrot salad.

WHAT WE SEND

- free-range chicken tenderloins
- 4 flour wraps^{1,6}
- 1 lime
- 60ml (¼ cup) teriyaki sauce^{1,6,17}
- 1 carrot
- 1 spring onion

WHAT YOU NEED

- garlic clove
- olive oil
- olive oil spray
- sugar

TOOLS

- fine grater
- foil
- oven tray

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

COOKING TIP

The remaining garlic won't be used in this dish.

ALLERGENS

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

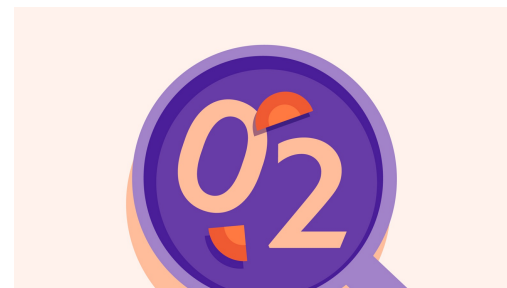
NUTRITION PER SERVING

Energy 775kcal, Fat 34.4g, Carbs 68.6g, Proteins 43.7g



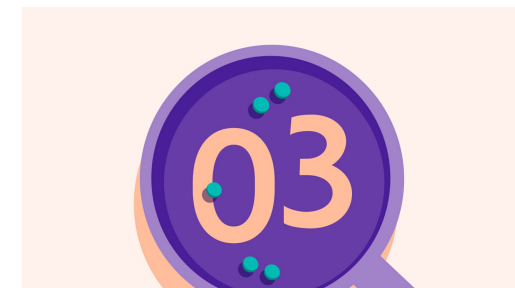
1. Prep ingredients

Preheat the grill to high. Line 2 oven trays with foil. Finely grate the zest of **half the lime**, then juice the half. Cut the **remaining half** into wedges. Crush or finely chop **½ garlic clove**. Peel the **carrot**, then shred with a julienne peeler or coarsely grate. Thinly slice the **spring onion** on an angle.



2. Cook chicken

Put the **chicken**, **1 tbs olive oil** and **1 tbs teriyaki sauce** in a bowl, season with **pepper** and stir to coat. Spread the chicken over one lined tray, then grill for 5-6 mins until cooked through. Set aside to cool slightly.



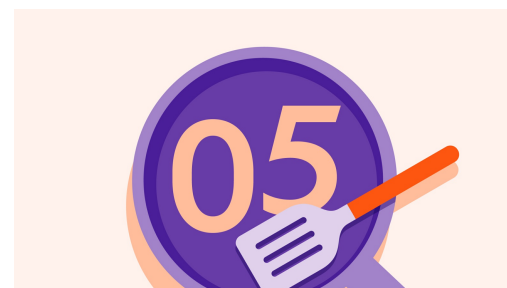
3. Pickle carrot

Meanwhile, put the **carrot**, **lime juice**, **1 tsp sugar** and **¼ tsp salt** in a bowl and stir to combine. Set aside to pickle until needed. Put the **garlic**, **remaining teriyaki sauce**, **2 tbs mayonnaise** and **1 tsp lime zest** in a bowl, season with **pepper** and whisk to combine.



4. Grill tortilla chips

Cut the **wraps** into large wedges. Put **half the wrap wedges** on the remaining lined tray, spray or brush both sides with olive oil and grill for 30 secs-1 min each side until golden and crisp. Repeat with **remaining wrap wedges**.



5. Serve up

Shred the **chicken** and toss with **one quarter of the teriyaki dressing**. Drain the **carrot** from the pickling liquid. Divide the **tortilla chips** among bowls and top with the **chicken**, **carrot** and **spring onion**. Drizzle with the **remaining teriyaki dressing** and scatter with any **remaining lime zest**. Serve with the **lime wedges** and enjoy.



6. Make it yours

Add extra veggies, such as shredded lettuce or cucumber or scatter with coriander leaves or finely chopped fresh chilli for fragrant Asian flavour.