

DINNERLY



Speedy Double the Chicken Power Bowl with Avocado and Red Cabbage



20 minutes



2 Servings

Five easy steps, minimal pans and prep... we cut the fluff but not the flavour in our speedy recipes. In just 20 minutes, you'll have this masterpiece on the table and be crowned in glory too!

WHAT WE SEND

- 2 x chicken tenderloins
- 10g Tex-Mex seasoning ²
- 150g red cabbage
- 380g kidney beans
- 20g chipotle in adobo sauce
- 1 avocado

WHAT YOU NEED

- 1½ tbs olive oil
- 1 tbs mayonnaise ¹
- 1 tbs red or white wine vinegar ²

TOOLS

- mandoline (optional)
- large frypan

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

COOKING TIP

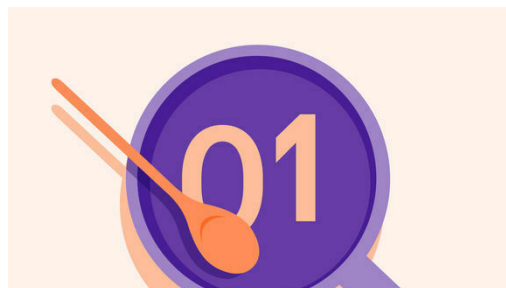
Is your avocado ripe? To speed up the ripening process, put it in a paper bag, then leave on the kitchen bench for a day or two. Add a banana to the bag to make the avocado ripen faster.

ALLERGENS

Egg (1), Sulphites (2). May contain traces of other allergens.

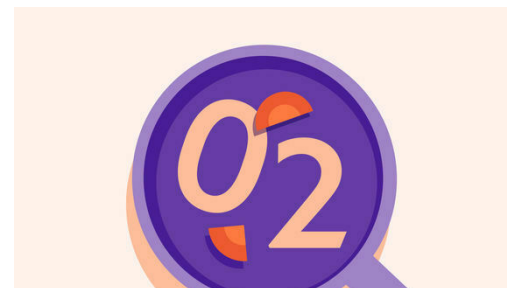
NUTRITION PER SERVING

Energy 750kcal, Fat 31.2g, Carbs 20.7g, Protein 77.9g



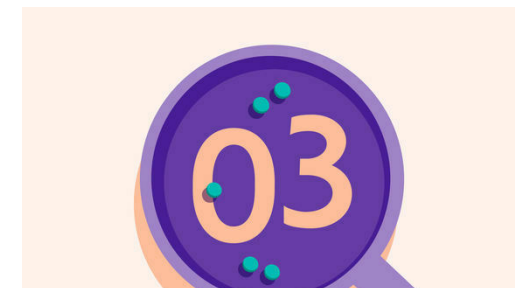
1. Marinate chicken

Check your avocado is ripe before starting this recipe (see Cooking tip). Cut the **chicken** into 3cm chunks. Combine the **Tex-Mex seasoning** and **3 tsp olive oil** in a large bowl and season with **salt and pepper**. Add the chicken and toss to coat.



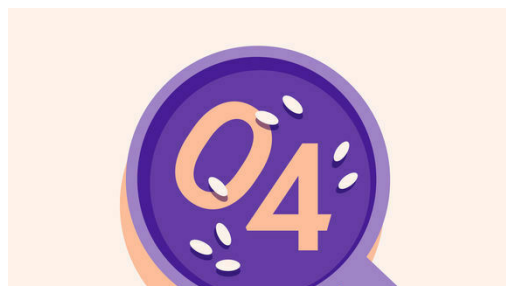
2. Prep ingredients

Thinly slice the **cabbage** with a sharp knife or mandoline. Drain and rinse the **beans**. Combine the **chipotle** (see Make it milder) and **1 tbs mayonnaise** in a bowl.



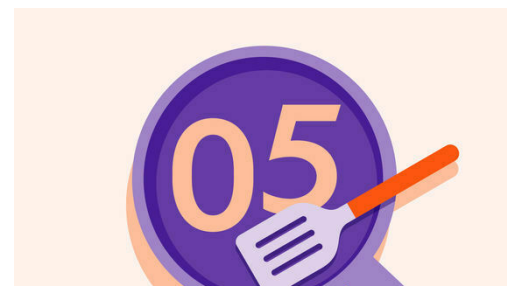
3. Cook chicken and beans

Heat a large frypan over medium-high heat. Cook the **chicken**, stirring, for 6-8 mins until browned and cooked through. Add the **beans** and toss to combine and warm through. Remove the pan from the heat. Taste, then season with **salt and pepper**.



4. Dress cabbage

While the chicken is cooking, combine **3 tsp olive oil** and **1 tbs red wine vinegar** in a large bowl. Add the **cabbage**, season with **salt and pepper** and toss to coat.



5. Serve up

Cut the **avocado** into 1cm chunks. Divide the **chicken mixture**, **cabbage** and avocado among bowls. Drizzle with the **chipotle mayo** and enjoy!



6. Make it milder

Chipotle is a smoky Mexican chilli sauce. We've recommended this amount for flavour, but if you prefer less heat, reduce the amount to taste.