

GREEN
CHEF

9



Keto

Chipotle Chicken Bowl

with Pico de Gallo

Cook time: 20-25 mins | **Servings:** 2 or 4 portions | Medium Spice

Carbs

14g

Protein

47g

Fat

31g

Calories

515 Kcal

5-a-day

3 portions

Typical Values Per Serving

Before you start

Wash your hands before and after prep. Wash fruit and veg but not meat. Check ingredient packaging names match those stated on the recipe card.

Make sure you've got a Bowl, Zester, Grater, Frying Pan.

Ingredients

Ingredients	2 people	4 people
Twin Pack Tomatoes	2	4
Echalion Shallot**	1	2
Lime**	1	1
Coriander**	1 bunch	2 bunches
Soured Cream** 7)	75g	150g
Mature Cheddar Cheese** 7)	30g	60g
Diced Chicken Breast**	300g	600g
Chipotle Concentrate	1 sachet	2 sachets
Chilli Flakes	1 pinch	2 pinches
Baby Gem Lettuce**	1	2
Avocado	1	2

*Not Included **Keep in the Fridge

Nutrition	Per serving	Per 100g
for uncooked ingredient	506g	100g
Energy (kJ/kcal)	2153 /515	425 /102
Fat (g)	31	6
Sat. Fat (g)	11	2
Carbohydrate (g)	14	3
Sugars (g)	8	2
Protein (g)	47	9
Salt (g)	0.86	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

There may be last-minute changes to ingredients, of which we will always notify you by email.

Please remember to check your ingredient packaging for information on allergens and traces of allergens.


Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

How to Contact us

If you have any questions, our customer care team is available 7 days a week, 9:00am to 10:00pm, on 020 4538 1121 or chat to us via our website

Grocery Delivery E-Services UK Ltd,
60 Worship St, London, EC2A 2EZ

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Now, let's get cooking!



1



Cut the **vine tomatoes** into 1cm pieces, and put in a medium bowl. Halve, peel and dice the **shallot**. Zest the **lime**, then **juice** half of it and cut the other half into **wedges**. Roughly chop the **coriander** (stalks and all).

2



In a small bowl, mix the **soured cream** with the **lime zest** and set aside. Grate the **Cheddar cheese**.

3



Heat a medium frying pan over a medium-high heat with a drizzle of **oil**. Once hot, pan fry the **chicken** for 2 mins, then add $\frac{2}{3}$ of the **shallot** and cook for another 6-8 mins. Add the **chipotle paste**, stir to coat the **chicken** and cook for 1 min. If you'd like to, season with **salt** and **pepper**. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

4



Meanwhile, in a medium bowl, combine the **tomatoes**, **half** of the **coriander** and the remaining **shallot**. Add the **lime juice** and **half** of the **chilli flakes** (beware: they are hot). If you'd like to, season with **salt** and **pepper**. Mix to combine.

5



Trim the root from the **baby gem lettuce**, then halve lengthways. Thinly slice widthways. Divide the sliced **baby gem** between the bowls. Halve the **avocado** lengthways. Twist each half to pull apart and remove the stone using a tablespoon. Scoop the flesh out into a small bowl. Mash with a fork and, if you'd like to, season with **salt** and **pepper**.

6



Lay the **chipotle chicken** on top of the **lettuce**, to one side of your bowl. Dress the other side with the **grated cheddar**, **pico de gallo** and **avocado**. Finish with a big dollop of **lime soured cream** in the centre and a sprinkle of **coriander** and **chilli flakes**. Garnish with **lime**.

Enjoy!



Scientists believe avocados were spread throughout Latin America by now-extinct, huge land mammals who loved the fruit as much as we do.

