

# Chicken, Lime and Corn Nachos



Ballarat Health Services

## Ingredients

- 1/3 cup fresh coriander leaves
- 2 tablespoons sweet chilli sauce
- 1/2 teaspoon ground cumin
- 1/4 cup lime juice
- 2 x 250g chicken breast fillets— skin removed
- 1kg orange sweet potato, peeled, thinly sliced
- Olive oil cooking spray
- 2 corn cobs, husks and silk removed
- 1 avocado, diced
- 2 green onions, sliced
- 1 long green chilli, thinly sliced
- 1/3 cup grated pizza cheese
- 2 tablespoons roughly chopped fresh mint leaves
- Lime wedges, to serve



## Method

**Step 1:** Preheat oven to 200°C/180°C fan-forced. Place greased wire racks over large baking trays. Place sliced sweet potato, in a single layer, on wire racks. Spray with oil. Season with salt and pepper. Bake for 20 to 25 mins or until golden and crisp.

**Step 2:** Finely chop 1/2 the coriander leaves. Combine sweet chilli sauce, cumin, chopped coriander and 1 tablespoon lime juice in a small bowl. Cut chicken breasts in half horizontally to form 4 thin fillets. Place chicken and chilli mixture in a snap-lock bag. Seal bag. Rub to coat. Refrigerate for 30 minutes, if time permits.

**Step 3:** Place corn cob and 1 tablespoon water in a microwave-safe dish. Cover with plastic wrap. Microwave on HIGH (100%) for 2 to 3 minutes or until just tender.

**Step 4:** Heat a lightly greased pan on medium-high heat. Add chicken. Cook for 2 to 3 minutes each side or until browned and just cooked through. Transfer to a plate. Cover with foil. Stand for 5 minutes to rest.

**Step 5:** Add corn cob to pan. Cook, turning, for 5 minutes or until beginning to char. Stand for 2 minutes or until cool enough to handle. Using a sharp knife, cut kernels from cob in large pieces. Place corn in a bowl with avocado, onion, chilli and remaining lime juice. Gently toss to combine.

**Step 6:** Preheat grill on medium. Arrange sweet potato in a flameproof, heatproof serving dish. Sprinkle with cheese. Grill for 5 minutes or until cheese has melted. Slice chicken and place on sweet potato. Top with corn mixture. Sprinkle with remaining coriander and mint. Serve immediately with lime wedges

Replace corn chips with sweet potato for a healthy school night dinner.