

PULLED CHICKEN - NACHO CHEESE OVEN DISH

2 persons / 592 kcal per person

Ingredients:

- 150 grams of chicken thighs
- 1 stock cube
- 90 grams of Doritos nacho cheese
- 1 avocado
- 1 tablespoon of jalapeño pepper chopped
- ½ teaspoon of paprika
- 200 g of diced tomatoes
- 1 shallot
- 1 clove of garlic
- 50 grams of corn
- 2 tablespoons of crème fraiche
- 35 grams of grated aged cheese 48+
- 1 spring onions in rings
- pepper and salt



Preparation:

Bring water to a boil and dissolve the stock cubes. Cook the chicken thighs for about 20 minutes. Let them cool and pull the meat off with a fork. Season the meat with salt and pepper. Chop meanwhile the shallot and finely chop the garlic. Scoop out the flesh of the avocado and cut it into cubes. Fry the onion until translucent. Add the garlic and the jalapeño pepper, fry briefly. Then add the tomato cubes and bring to the boil and season with the paprika. Let the corn cook for a while and finally add the chicken. Cover the bottom of a baking dish with half of the nacho chips and scoop half of the chicken tomato sauce on top. Divide half of the crème fraiche and the avocado over it. Repeat with the other half of the sauce, crème fraiche and avocado. Cover with the remaining half of nacho chips and then the grated cheese. Place the dish in a preheated oven at 180 °C for approx. 15 minutes. Cut the spring onions into rings and garnish over the dish.

Nutritional value per portion:

Energy:	592 kcal
Protein:	24.5 grams
Carbohydrates:	38.4 grams
- including sugars:	7.6 grams
Fat:	24.8 grams
Fiber:	6.5 grams
Salt:	2.3 grams