



## Product Spotlight: Spring onions

Spring onions are very young onions, harvested before the bulb has had a chance to swell. Both the long, slender green tops and the small white bulb are edible, and are good either raw or cooked.

# Spice it up!

We have used smoked paprika for this dish, however, you can also use your own cajun spice mix or a combination of ground paprika and cumin! If you prefer a milder dish, leave the spice out.

# BBQ Glazed Chicken

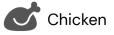
# with Cajun Rice

Basmati rice cooked with stock and colourful fresh vegetables. The perfect side for chicken tenderloins covered in a smokey BBQ glaze!





2 servings



#### FROM YOUR BOX

SPRING ONIONS	4
RED CAPSICUM	1
CORN COB	1
BASMATI RICE	150g
CHICKEN TENDERLOINS	300g
BBQ SAUCE	1 bottle

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, 1/2 stock cube (of choice)

#### **KEY UTENSILS**

large frypan with lid, frypan

#### **NOTES**

We used a chicken stock cube to make the rice. You could also use 11/2 cups of liquid stock if you have some.



### 1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with oil. Slice spring onions (reserve tops for garnish). Dice capsicum and remove corn from cob. Add all to pan as you go.



#### 2. SIMMER THE RICE

Add rice to pan along with 1/2 crumbled stock cube, 1 tsp smoked paprika and 1 1/2 cups water (see notes). Stir to combine. Cover and simmer for 12-15 minutes until liquid has absorbed. Take off heat and leave to sit for 5 minutes.



#### 3. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat chicken with 1 tsp smoked paprika, oil, salt and pepper. Cook in pan for 3-4 minutes each side or until cooked through. Take pan off heat and toss in 1/3 cup BBQ sauce until coated.



#### 4. FINISH AND SERVE

Season rice with salt and pepper. Serve with BBQ chicken and BBQ sauce to taste. Garnish with spring onion tops.



