



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Tomatoes

Leave your tomatoes out of the fridge to ripen. They will have a much richer flavour!



## B4 Pulled Chicken Burgers with Coleslaw

Smokey tomato pulled chicken with creamy coleslaw and avocado in freshly baked milk buns from Abhi's Bakery.

 25 minutes

 4 servings

 Chicken

6 May 2022

## Speed it up!

*If you don't feel like making pulled chicken, you can cut the chicken into schnitzels and cook with the spice rub instead. Cook down the onions and serve the tomato as a fresh filling.*

## FROM YOUR BOX

CHICKEN BREAST FILLETS	600g
BROWN ONION	1
TOMATOES	3
TOMATO PASTE	1 sachet
AVOCADO	1
AIOLI	75g
COLESLAW	1 bag
MILK BUNS	4-pack

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, plain flour

## KEY UTENSILS

large frypan, frypan with lid

## NOTES

For quicker cooking time, cut the chicken into schnitzels before pan frying.

You can also add 2 tsp ground cumin or ground coriander for extra flavour.

**No gluten option – milk buns are replaced with gluten-free buns.**



### 1. COOK THE CHICKEN

Set oven to 200°C (optional for buns).

Heat a frypan over medium-high heat. Coat chicken with **oil, salt and pepper**. Cook in pan for 8-10 minutes each side or until cooked through (see notes).



### 2. SAUTÉ THE TOMATOES

Heat a second frypan over medium-high heat with **oil**. Slice onion and chop tomatoes. Cook in pan for 5 minutes.



### 3. SIMMER THE SAUCE

Stir through **2 tsp flour, 1 tbsp smoked paprika** and tomato paste. Pour in **1/2 cup water**, cover and simmer for 10 minutes (stir occasionally).



### 4. PREPARE FILLINGS

Slice avocado. Stir aioli through coleslaw.

Cut buns in half and warm in oven for 5 minutes until toasty (optional).



### 5. PULL THE CHICKEN

Pull chicken with two forks or thinly slice. Stir through tomato sauce until combined. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Assemble burgers with coleslaw, avocado and chicken. Serve any remaining coleslaw on the side.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

