



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### 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.



## B4 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!

 25 minutes

 4 servings

 Chicken

8 April 2022

## 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.*

## FROM YOUR BOX

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SPRING ONIONS	1 bunch
RED CAPSICUM	1
CORN COB	1
BASMATI RICE	300g
CHICKEN TENDERLOINS	600g
BBQ SAUCE	1 bottle

## FROM YOUR PANTRY

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

## KEY UTENSILS

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large frypan with lid, frypan

## NOTES

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We used a chicken stock cube to make the rice. You could also use 2 1/2 cups of liquid stock if you have some.



### 1. SAUTÉ THE VEGETABLES

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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

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Add rice to pan along with **1 crumbled stock cube**, **2 tsp smoked paprika** and **2 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

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Heat a frypan over medium-high heat. Coat chicken with **2 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 1/2 cup BBQ sauce until coated.



### 4. FINISH AND SERVE

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Season rice with **salt and pepper**. Serve with BBQ chicken. Garnish with spring onion tops.

**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](mailto:hello@dinnertwist.com.au)

