



Product Spotlight: Free-range Eggs

Did you know you can add crushed egg shells straight to the soil in your garden? While it might not help this season's plants, it will help add calcium directly to the soil as the shells decompose.



Summer Chicken Cobb Platter

A fresh and flavourful platter with minimal cooking! Sliced chicken breast and soft boiled eggs on a bed of crisp lettuce with all the trimmings, finished with a drizzle of creamy dressing.



20 minutes



4 servings



Chicken

23 December 2022

Switch it up!

You can use these ingredients to create chicken sandwiches or rolls for lunch during the week!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	41g	25g

FROM YOUR BOX

FREE-RANGE EGGS	6-pack
GEM LETTUCE	3-pack
TOMATOES	2
AVOCADO	1
CORN COB	1
ALFALFA SPROUTS	1 punnet
COOKED CHICKEN BREAST	1 packet
RANCH DRESSING	1 bottle

FROM YOUR PANTRY

salt, pepper

KEY UTENSILS

saucepan

NOTES

Cook the eggs straight from the fridge for 6–7 minutes for a soft boiled egg. Leave in for 8–9 minutes for a hard boiled yolk.

Add any toasted nuts, croutons, fresh herbs or cheese if preferred!

You can also toss all ingredients with pasta to make a family friendly pasta salad!



1. COOK THE EGGS

Bring a medium saucepan of water to a boil. Add eggs and cook for 6–7 minutes (see notes). Cool under running cold water.



2. PREPARE THE SALAD

Chop and rinse lettuce leaves. Arrange on the base of a serving platter. Wedge tomatoes, dice avocado and remove corn from cob. Arrange on top of lettuce with sprouts.



3. ADD CHICKEN AND EGGS

Peel and halve eggs and season with **salt and pepper**. Arrange on salad with cooked chicken.



4. FINISH AND SERVE

Serve chicken platter with dressing to taste (see notes).

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**

