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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



BBQ Chicken

Grilled BBQ chicken served alongside golden potato rounds and a crunchy salad with creamy dressing.

35 Minutes | 2 Servings | Chicken

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	40g	40g	75g

FROM YOUR BOX

MEDIUM POTATOES	3
CHICKEN TENDERLOINS	300g
PERI PERI SPICE MIX	1 packet
CORN COB	1
BABY COS LETTUCE	1
CARROT	1
AIOLI	1 sachet (100g)

FROM YOUR PANTRY

oil for cooking, salt

COOKING TOOLS

oven tray, griddle pan or barbecue

Serve the sliced chicken in a wrap with salad, corn kernels and aioli, with a side of chips if you like!

Before you start cooking!
Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

Peri Peri Spice mix: smoked paprika, ground coriander, dried oregano, brown sugar, ground onion powder, garlic powder.



1. Roast the Potatoes

Set oven to 220°C.

Cut **potatoes** into rounds (about 0.5cm thick). Toss with **oil** and **salt** on a lined tray. Roast for 20-25 minutes or until golden and cooked through.

tip *Make wedges or chips instead, if you prefer!*



4. Prepare the Salad

Rinse and shred **baby cos lettuce** and grate **carrot**. Toss in a bowl with **1/2 sachet aioli** to dress.

tip *Make a vinaigrette for the salad, and use all of the aioli for dipping!*



2. Marinate the Chicken

Toss **chicken** with **peri peri spice mix** and **1 tbsp oil** in a bowl.

tip *If you are unsure the spice mix will go down well in your family, leave half of the tenderloins plain.*



5. Finish and Serve

Cut the **corn cob** into **cobettes** and serve on a platter with **chicken**, **roasted potato rounds, salad** and remaining **aioli** for dipping.



3. Grill the Chicken & Corn

Heat a griddle pan or barbecue over medium heat. Remove husks and silks from **corn cob**, rub with **oil**. Grill **corn** and **chicken** until golden and cooked through.

tip *You can cut the corn into cobettes and boil them if you prefer!*