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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 | 4/6 SERVINGS | CHICKEN

Per serve 4/6 person:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	39g/40g	40g	64g

FROM YOUR BOX

	4 PERSON	6 PERSON
MEDIUM POTATOES	800g	1.2kg
CHICKEN TENDERLOINS	600g	600g + 300g
PERI PERI SPICE MIX	1 packet	2 packets
CORN COBS	2	3
SALAD MIX	1 bag	1 bag
AIOLI	2 sachets	3 sachets

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!
Wash your veggies and set out all ingredients, 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

Dress **salad mix** with **1 sachet aioli**.

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 **2-3 tbsp oil** in a bowl.

tip *If you are unsure the spice mix will go down well with your family, start with half the amount of spice.*



5. Finish and Serve

Cut the **corn cobs** 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 cobs**, 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!*