

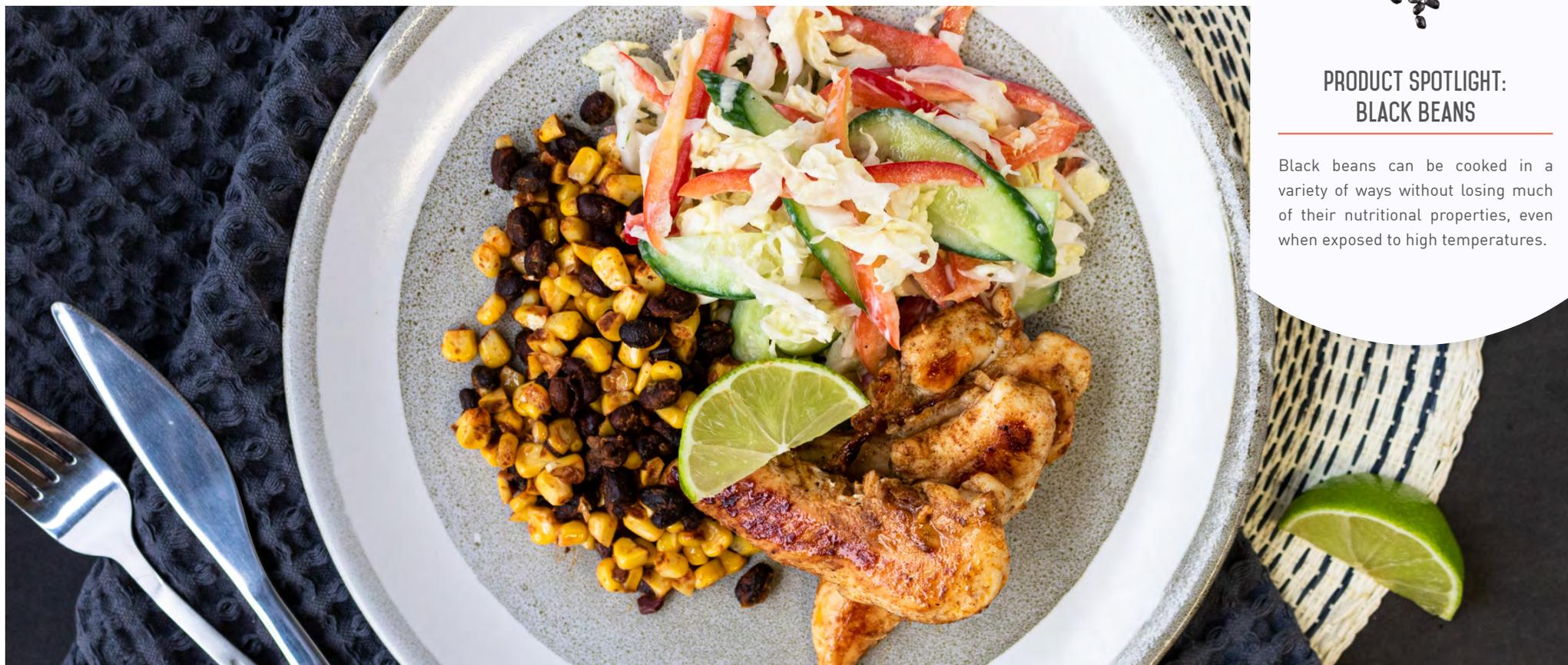


DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: BLACK BEANS

Black beans can be cooked in a variety of ways without losing much of their nutritional properties, even when exposed to high temperatures.



## 2. CAJUN CHICKEN

WITH SLAW & CORN

 25 Minutes

 2 Servings

Cajun chicken tenderloins with a creamy lime coleslaw, spiced corn and beans ready to be shared at the table!

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
50g	19g	43g

13 April 2020

## FROM YOUR BOX

CORN COB	1
BLACK BEANS	400g
BABY WOMBOK CABBAGE	1/2 *
RED CAPSICUM	1/2 *
LEBANESE CUCUMBER	1
LIME	1
NATURAL YOGHURT	1/4 cup *
CHICKEN TENDERLOINS	300g
THYME	1/4 packet *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, cajun spice (or ground cumin), smoked paprika

## KEY UTENSILS

frypan

## NOTES

Add mayonnaise to the coleslaw for a sweeter, creamier finish.

If you don't have cajun spice mix you can use ground cumin or ground coriander instead.



### 1. COOK THE CORN & BEANS

Remove corn from cob, drain and rinse beans. Add to a frypan over medium-high heat with **1 tsp smoked paprika, oil, salt and pepper**. Cook for 6-8 minutes until fragrant and charred.



### 2. PREPARE THE COLESLAW

Meanwhile, slice cabbage, capsicum and cucumber. Toss with 1/2 lime zest and juice (wedge remaining), 1/4 cup yoghurt, **salt and pepper** (see notes). Set aside.



### 3. COOK THE CHICKEN

Coat chicken with thyme leaves, **1 1/2 tsp cajun spice, oil, salt and pepper** (see notes). Cook in a frypan over medium-high heat for 4-5 minutes each side or until cooked through.



### 4. FINISH AND PLATE

Divide coleslaw, corn, beans and chicken among plates. Serve with lime wedges.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

