



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.

