

**Product Spotlight:  
Baby Cos Lettuce**

Baby cos lettuce can often be sandy. Trim the lettuce and separate the leaves. Soak in a bowl of water to remove excess sand before rinsing in a salad spinner.



## BBQ Rub Chicken with Chopped Salad

Grilled chicken tenderloins spiced with our own BBQ chicken rub, alongside golden potato cubes and a creamy dressed chopped garden salad.



30 minutes



2 servings



Chicken

## Switch it up!

*You can thread the chicken onto skewers before cooking on the BBQ. Add some capsicum, red onion or zucchini for larger skewers.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	28g	30g

## FROM YOUR BOX

MEDIUM POTATOES	3
CHICKEN TENDERLOINS	300g
BBQ CHICKEN RUB	1 packet
BABY COS LETTUCE	1
TOMATO	1
CELERY STALK	1
LEBANESE CUCUMBER	1
AIOLI	1 sachet

## FROM YOUR PANTRY

oil for cooking, salt, pepper, tomato sauce (see notes)

## KEY UTENSILS

oven tray, BBQ or griddle pan

## NOTES

BBQ sauce can be used instead of tomato sauce.

You can stir 1/2 tbsp tomato sauce through the aioli dipping sauce for a different flavour.

*BBQ Chicken Rub: ground paprika, garlic powder, onion powder, dried thyme, sea salt, cracked pepper.*



### 1. ROAST THE POTATOES

Set oven to 250°C. Dice **potatoes** and toss on a lined oven tray with **oil, salt and pepper**. Roast in oven for 20–25 minutes until golden and cooked through.



### 2. COOK THE CHICKEN

Heat a BBQ or griddle pan over medium-high heat. Coat **chicken tenderloins** with **BBQ chicken rub** and **oil**. Cook for 4–5 minutes each side or until cooked through (continue a step 4).



### 3. PREPARE THE SALAD

Meanwhile, rinse and chop **lettuce leaves, tomato, celery** and **cucumber**. Toss together with 1/2 sachet aioli.



### 4. GLAZE THE CHICKEN

Gently toss **chicken** in a bowl with **1 tbsp tomato sauce** until coated.



### 5. FINISH AND SERVE

Serve **chicken** with **potatoes** and **salad**. Serve with **remaining aioli** for dipping (see notes).



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