

**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
	76g	104g	118g

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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