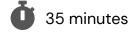




BBQ Chicken Platter

with Roast Veggies

Roasted BBQ-rubbed free-range WA chicken, roasted rainbow veggies, warm sourdough rolls, and an irresistible cream cheese dip.







Help from little hands

Invite the kids to join you in the kitchen to teach them about cooking. They can help peel the corn cob, rub spice rub onto the chicken, stir together the dip, and arrange the platter.

FROM YOUR BOX

SPLIT CHICKEN	1/2
BBQ SPICE RUB	1 sachet
CORN COB	1
BRUSSELS SPROUTS	1 bag (150g)
томато	1
RED ONION	1/2 *
LEMON	1/2 *
CREAM CHEESE	1/2 block *
PARSLEY	1/2 bunch *
SOURDOUGH LONG ROLLS	2-pack

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt, pepper, honey (or sweetener of choice)

KEY UTENSILS

1 oven trays

NOTES

Got a cooking thermometer? Chicken is cooked through when the core temperature is 75°C. Otherwise, you can tell that it's ready when the juices are clear and the meat is no longer pink or translucent-looking.

No gluten option - sourdough long rolls are replaced with GF rolls.



1. COOK THE CHICKEN

Set oven to 250°C.

Place chicken onto one side of a lined oven tray. Slash in 4-5 places and rub with oil and 3 tsp spice rub. Cook for 25-30 minutes or until cooked through (see notes).



2. ROAST THE VEGETABLES

Cut corn into halves or quarters, halve Brussels sprouts, wedge tomato and onion. Toss with oil, salt and pepper. Add to the oven tray with the chicken for the last 20 minutes or until golden and cooked through.



3. MAKE THE DIP

In a bowl, mix together 2 tsp spice rub, juice from 1/2 lemon, cream cheese, 2 tbsp water, 1/2 tsp honey, and chopped parsley (reserve some for garnish).



4. WARM THE ROLLS (OPTIONAL)

Warm the sourdough rolls in the oven for 4–5 minutes.



5. FINISH & PLATE

Cut chicken and rolls. Arrange on a platter with roasted veggies and dip.

