



DINNER TWIST  
LOCAL. HEALTHY. DELIVERED




### Product Spotlight: BBQ Spice Rub


This spice rub is made in WA by GH Produce. It's GF, vegan, and paleo. A sizzling-good flavour, featuring Australian favourites such as smoked paprika, chipotle, garlic, Tasmanian pepper berry, saltbush, desert lime, and more!



## 2 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.

 35 minutes

 2 servings

 Chicken

6 August 2021

### *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)
TOMATO	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.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

