




### Product Spotlight: Avocado


Avocados are nutrient and energy dense. Being plant-based, they contain no cholesterol. In fact they are high in good fats which can actually help lower cholesterol!



## 2 Pulled Chicken Burgers

Everybody loves a burger! These pulled chicken burgers with avocado and coleslaw will always be a winner!

 30 minutes

 2 servings

 Chicken

17 September 2021

### Mix it up!

Remove the corn kernels from the cobs and toss through the coleslaw for extra crunch and sweetness. Or for younger eaters leave the coleslaw out and simply add some lettuce to the burger.

## FROM YOUR BOX

RED ONION	1/2 *
GARLIC CLOVE	1
CHOPPED TOMATOES	400g
CHICKEN SCHNITZELS	300g
CORN COB	1
COLESLAW	1/2 bag (250g) *
AVOCADO	1
RED CAPSICUM	1/2 *
BURGER BUNS	2-pack

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, vinegar (of choice), mayonnaise, honey

## KEY UTENSILS

large frypan, frypan

## NOTES

Use ground paprika if you don't like the smokey flavour.

Halve and boil the corn if preferred.

Toast the buns in the oven or a sandwich press for some extra crunch.

**No gluten option - burger buns are replaced with GF burger buns.**



### 1. MAKE THE SAUCE

Heat a large frypan over medium-high heat with **oil**. Slice and add onion, crushed garlic and **2 tsp smoked paprika** (see notes). Sauté for 3 minutes then stir in chopped tomatoes, **1/4 cup water** and **1 tsp honey**.



### 2. ADD THE CHICKEN

Add chicken into the sauce. Cover and simmer for 10 minutes.



### 3. CHAR THE CORN

Heat a second frypan over high heat. Rub peeled corn cob with **oil, salt and pepper**. Add to pan and cook, turning, for 8-10 minutes until lightly charred (see notes).



### 4. PREPARE THE FILLINGS

Toss coleslaw with **2 tbsp mayonnaise**, **1/2 tbsp vinegar**, **salt and pepper**. Slice avocado and capsicum. Arrange on a plate and take to the table.



### 5. SHRED THE CHICKEN

Remove chicken from sauce and shred using 2 forks. Keep the sauce over medium-high heat (uncovered) and simmer for further 8-10 minutes to reduce. Return chicken and season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Slice buns (see notes) and take to the table with chicken and salad. Allow everyone to make their own burgers and serve alongside halved or quartered corn.

**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**

