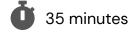




BBQ Marylands

with Wedges and Salad

Roast chicken is good... Roasted BBQ chicken is even better! Served with wholesome potato wedges, baked corn cobs and a fresh side salad.





2 servings



Remove the meat

If serving the whole chicken piece is too daunting for the kids, let it cool down slightly after baking, then remove the meat from the bone and shred it using two forks, or slice it.

FROM YOUR BOX

| CHICKEN MARYLANDS | 2-pack |
|-------------------------------|------------------|
| BBQ SAUCE | 3/4 jar * |
| MEDIUM POTATOES | 3 |
| CORN COB | 1 |
| | |
| CHERRY TOMATOES | 1/2 bag (100g) * |
| CHERRY TOMATOES RED CAPSICUM | 1/2 bag (100g) * |
| | |
| RED CAPSICUM | 1/2 * |

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, smoked paprika, white wine vinegar, sugar (of choice)

KEY UTENSILS

2 oven trays

NOTES

Add cherry tomatoes and sliced capsicum to the tray with the chicken if you'd rather enjoy them cooked!



1. COOK THE MARYLANDS

Set oven to 220°C.

Slash marylands in 3-4 places and rub with 1/4 cup BBQ sauce on a lined oven tray (see notes). Place into oven and roast for 25-30 minutes or until cooked through. turning halfway through.



2. COOK THE WEDGES

Cut potatoes into wedges and corn into quarters. Toss on a lined oven tray with 1/2 tsp paprika (optional), oil salt and pepper. Cook for 20-25 minutes or until golden.



3. MAKE THE SALAD

Halve cherry tomatoes, slice capsicum and dice avocado. Toss together in a bowl.



4. MAKE THE DRESSING

Chop the chives and whisk together with 2 tbsp olive oil, 1 tbsp vinegar, 1/2 tsp sugar, salt and pepper.



5. FINISH AND PLATE

Divide chicken, wedges, corn and salad between plates. Serve with dressing and remaining BBQ sauce.



