



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Radishes

Radishes can have a spicy flavour. If it's too overpowering, you can soak them in ice water after cutting for about 10 minutes. This will make the flavour milder.



## 2 Chicken Burgers with Barbecue Jerk Sauce

Fresh Perth-baked buns, smokey barbecue jerk sauce, homemade pickled shallots, fresh greens and tender chicken schnitzels – the perfect summer meal, perfect for outdoor cooking.



30 minutes



4 servings



Chicken

18 January 2021

### *Help from little hands*

*Have the kids help out when prepping the fresh ingredients – they can assist with slicing the avocado and tomatoes, grating the carrots and tearing the lettuce. Then, have them assemble their own burgers using these veggies.*

## FROM YOUR BOX

SHALLOT	1
CARROT	1
TOMATOES	2
RADISHES	1/3 bunch *
AVOCADO	1
FESTIVAL LETTUCE	1/2 *
TURKISH HAMBURGER BUNS	6-pack
CHICKEN SCHNITZELS	600g
JAMAICAN JERK SAUCE	1/2 bottle *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, red wine vinegar, sugar

## KEY UTENSILS

large grill/frypan or barbecue

## NOTES

You can toast the buns in a sandwich press or in the oven if you prefer.

Add mayonnaise or cheese to the burgers if desired.

**No gluten option - hamburger buns are replaced with GF rolls.**



### 1. PICKLE SHALLOT (OPTIONAL)

Finely slice shallot and place into a non-metallic bowl with **1 tbsp vinegar, 1 tsp sugar, salt and pepper**. Mix well and set aside.



### 2. PREP FRESH INGREDIENTS

Julienne or grate carrot, slice tomatoes, radishes and avocado. Tear lettuce. Place all on a plate.



### 3. TOAST THE BUNS

Heat a grill or frypan over medium-high heat. Halve the buns and toast the cut side for 1-2 minutes until golden. Keep warm in a clean tea towel (see notes).



### 4. COOK THE CHICKEN

Reheat pan over medium-high heat. Rub chicken with 1 tbsp jerk sauce, **oil, salt and pepper**. Cook (in batches if necessary) for 4-5 minutes each side or until cooked through.



### 5. FINISH AND PLATE

Slice chicken.

Construct burgers with remaining jerk sauce to taste, chicken, pickled shallot and fresh ingredients (see notes).

**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**

