



DINNER TWIST
LOCAL. HEALTHY. DELIVERED




Product Spotlight: Beerenberg BBQ Sauce


This smokey BBQ sauce is finger-licking good and is made in South Australia. If you have any leftover, it pairs well with both red and white meat – or, simply use it as a dipping sauce or in sandwiches!



3 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.

 35 minutes

 4 servings

 Chicken

21 September 2020

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	4-pack
BBQ SAUCE	3/4 jar *
MEDIUM POTATOES	800g
CORN COBS	2
TOMATOES	2
GREEN CAPSICUM	1
AVOCADO	1
ALFALFA SPROUTS	1/2 punnet *
CHIVES	1/3 bunch *

**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 wedged 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 1/2 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 tsp paprika** (optional), **oil salt and pepper**. Cook for 20-25 minutes or until golden.



3. MAKE THE SALAD

Dice tomatoes, capsicum and avocado. Toss together in a bowl with the sprouts.



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.

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

