

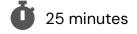




BBQ Glazed Chicken

with Cajun Rice

Basmati rice cooked with stock and colourful fresh vegetables is the perfect side for glazed chicken covered in a smokey BBQ glaze!





2 servings



We have used smoked paprika for this dish, however, you can also use your own cajun spice mix or a combination of ground paprika and cumin! If you prefer a milder dish, leave the spice out.

PROTEIN TOTAL FAT CARBOHYDRATES

92g

FROM YOUR BOX

SPRING ONIONS	1 bunch
RED CAPSICUM	1
CORN COB	1
BASMATI RICE	150g
CHICKEN TENDERLOINS	300g
BBQ SAUCE	1 bottle

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, 1/2 stock cube (of choice)

KEY UTENSILS

large frypan with lid, frypan

NOTES

We used a chicken stock cube to make the rice. You could also use 11/2 cups of liquid stock if you have some.



1. SAUTÉ THE VEGETABLES

Heat a large frypan over medium-high heat with **oil**. Slice **spring onions** (reserve tops for garnish). Dice **capsicum** and remove **corn** from cob. Add all to pan as you go.



2. SIMMER THE RICE

Add rice to pan with 1/2 crumbled stock cube, 1 tsp smoked paprika and 11/2 cups water (see notes). Stir to combine. Cover and simmer for 12–15 minutes until liquid has absorbed. Take off heat and leave to sit for 5 minutes.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat. Slice **chicken** and coat with **1 tsp smoked paprika**, **oil**, **salt and pepper**. Cook in pan for 3-4 minutes each side or until cooked through. Take pan off heat and toss in **1/3 cup BBQ sauce** until coated.



4. FINISH AND SERVE

Season rice with **salt and pepper**. Serve with BBQ chicken and BBQ sauce to taste. Garnish with spring onion tops.



