



Product Spotlight: Spring onions

Spring onions are very young onions, harvested before the bulb has had a chance to swell. Both the long, slender green tops and the small white bulb are edible, and are good either raw or cooked.



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!

Spice it up!

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.



25 minutes



2 servings



Chicken

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	3g	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 1 1/2 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 **1 1/2 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.



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