



Product Spotlight: Nature's Delight Salsa

We love this mild salsa by Nature's Delight. It has a clean ingredient list and is naturally gluten-free with no added artificial colours or flavours.



Mexican BBQ Chicken Platter with Tomato Salsa

Mexican chicken thighs barbecued with corn cobettes, served on a platter with fresh vegetables, mild tomato salsa and wraps so everyone can DIY their dinner!

20 minutes

4 servings

Chicken

Picnic!

We West Aussies love a chance to get outside, and this meal is perfect to take with you. Season the chicken and corn at home, prepare the fresh veg and pack it all up. Use the BBQ at your local park or beach to cook the chicken and corn and enjoy!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	27g	72g

FROM YOUR BOX

CHICKEN THIGHS	600g
CORN COBS	2
WRAPS	8-pack
AVOCADOS	2
TOMATOES	2
MILD TOMATO SALSA	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, dried oregano

KEY UTENSILS

frypan, BBQ

NOTES

Roast or pan-fry the chicken and corn if preferred.

No gluten option - wraps are replaced with corn tortillas. Follow packet instructions to warm.



1. BBQ THE CHICKEN

Heat a BBQ (see notes) over medium-high heat with **oil**. Coat chicken thighs with **2 tsp cumin, salt and pepper**. Add chicken to BBQ and cook for 6-8 minutes each side until chicken is cooked through.



2. ADD CORN TO BBQ

Remove husks and silks from corn and cut into cobbettes. Coat with **oil, 1 tsp oregano, salt and pepper**. Add to BBQ and cook for 10 minutes, turning occasionally, or until cooked through.



3. WARM THE WRAPS

Heat a frypan over medium-high heat. Add wraps to dry frypan and cook according to packet instructions. Wrap the wraps in a clean and dry tea towel to keep them warm until serving.



4. PREPARE FRESH ELEMENTS

Slice avocados and dice tomatoes. Add to a platter.



5. FINISH AND SERVE

Add warm wraps, chicken, corn and salsa to platter. Serve tableside for everyone to build their wraps with a side of corn.



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