



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!

25 minutes
 4/6 servings
 Chicken

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.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	38g	6g	45g

FROM YOUR BOX

	4 PERSON	6 PERSON
SPRING ONIONS	1 bunch	2 bunches
RED CAPSICUM	1	2
CORN COBS	2	3
GARLIC CLOVES	2	3
BASMATI RICE	300g	300g + 150g
CHICKEN TENDERLOINS	600g	600g + 300g
BBQ SAUCE	1 bottle	1 bottle

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, 1 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.



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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. Crush **garlic**. Add all to pan as you go.



2. SIMMER THE RICE

Add **rice** to pan with **crumbled stock cube**, **2-3 tsp smoked paprika** and **2 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.

6P - Add **3 1/2 cups water** and a little more if needed.



3. COOK THE CHICKEN

Heat a frypan over medium-high heat. Coat **chicken** with **2 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 **1/2 cup BBQ sauce** until coated.

6P - Take pan off heat and toss in **3/4 cup BBQ sauce**.



4. FINISH AND SERVE

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

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