



### 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**.

**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 **0448 042 515** or send an email to **hello@dinnertwist.com.au**

