



### Product Spotlight: Avocado


Avocados contain more potassium than bananas and nutrient-rich fats that help you feel fuller for longer.


They are also a good source of vitamins E, C, B6, folate and niacin.



## Peri Peri Chicken Bowl with Avocado Cream

Chicken tenderloins marinated in a custom peri peri sauce and served over nutty brown rice with charred corn kernels, red cabbage slaw and a smooth avocado cream.

 30 minutes

 2 servings

 Chicken

## Switch it up!

*Skip making the avocado cream. Dice the avocado and chop the coriander to serve. Use the lemon to make a zingy vinaigrette.*

Per serve: **PROTEIN** 38g **TOTAL FAT** 18g **CARBOHYDRATES** 35g

## FROM YOUR BOX

BROWN RICE	150g
CORN COB	1
AVOCADO	1
LEMON	1
RED CABBAGE	1/4
CORIANDER	1 packet
CHICKEN TENDERLOINS	300g
PERI PERI SPICE MIX	1 tub

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

frypan, saucepan, stick mixer or small blender

## NOTES

Use your hands to massage the cabbage to soften.

Bump up the heat by adding hot sauce, ground chilli or dried chilli flakes to the chicken.

*Peri peri spice mix: smoked paprika, ground coriander, dried oregano, brown sugar, ground onion powder, garlic powder.*



Scan the QR code to submit a Google review!



### 1. COOK THE BROWN RICE

Place **brown rice** in a saucepan and cover with water. Bring to a boil and simmer for 20 minutes, or until tender. Drain and rinse.



### 2. COOK THE CORN

Meanwhile, remove **corn** kernels from cob. Heat a frypan with **oil** over medium-high heat. Cook corn for 3-5 minutes or until charred. Remove from pan and reserve pan for step 5.



### 3. MAKE THE AVO CREAM

Dice **avocado** and place in a jug along with juice from **1/2 lemon**, **3-4 tbsp water**, **salt and pepper**. Use a stick mixer to blend to smooth cream.



### 4. PREPARE THE SLAW

Thinly slice **red cabbage**. Place in a large bowl with juice from remaining **1/2 lemon**, **1 tbsp olive oil**, **salt and pepper**. Toss the cabbage to dress (see notes). Chop and add **coriander** (stems and leaves).



### 5. COOK THE CHICKEN

Marinate **chicken tenderloins** with **peri peri spice mix**, **salt** and **1 tbsp oil** (see notes).

Reheat reserved pan, add chicken and cook for 4-5 minutes each side until cooked through (cook in batches if needed).



### 6. FINISH AND SERVE

Divide brown rice among bowls. Top with slaw, charred corn and chicken (slice first if you prefer). Dollop on avocado cream.

**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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

