

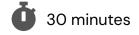


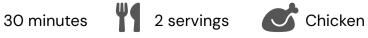


Peri Peri Chicken Bowl

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.







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.

TOTAL FAT CARBOHYDRATES

38g

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.





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



