



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.



25 minutes



4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	38g	12g/16g	61g/67g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
CORN COBS	2	3
AVOCADO	1	2
LEMON	1	1
RED CABBAGE	1/4	2 x 1/4
CORIANDER	1 packet	2 packets
CHICKEN TENDERLOINS	600g	600g + 300g
PERI PERI SPICE MIX	1 tub	2 tubs

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large 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.



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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 cobs. 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.

6P - increase water to 1/2 cup.



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).

6P - add 1/2-1 tbsp red or white wine vinegar if needed for the cabbage.



5. COOK THE CHICKEN

Marinate **chicken tenderloins** with **peri peri spice mix, salt and 2 tbsp oil**.

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**.

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