



### 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



4 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
	39g	11g	35g

## FROM YOUR BOX

BROWN RICE	300g
CORN COBS	2
AVOCADO	1
LEMON	1
RED CABBAGE	1/4
CORIANDER	1 packet
CHICKEN TENDERLOINS	600g
PERI PERI SPICE MIX	1 tub

## 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.



### 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 **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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