



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Ozzie BBQ Rub

Our favourite BBQ rub with a sizzling-good flavour, featuring iconic Australian flavours such as pepperberry, saltbush and desert lime along with smoked paprika, chipotle, garlic, and more!



M4 **BBQ Marylands** with Grilled Corn & Coleslaw

Grilled Chicken Marylands flavoured with the locally made Ozzie BBQ Rub from GH Produce. Served with a creamy coleslaw and charred corn.

 30 minutes

 4 servings

 Chicken

January - February 2022

BBQ Chicken Rolls

To make chicken rolls shred meat once chicken is cooked and serve in soft dinner rolls with coleslaw and barbecue sauce with a side of grilled corn.

FROM YOUR BOX

CHICKEN MARYLANDS	4-pack
BBQ SPICE RUB	1 packet (30g)
CORN COBS	2
GREEN APPLE	1
COLESLAW	1 bag (500g)
AIOLI	100g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

oven tray x 2 (or barbecue)

NOTES

The chicken and corn works well to cook on the barbecue! Remember to keep the lid down to speed up the cooking.

If you prefer, you can remove corn kernels from cob and toss through the coleslaw.

Aioli ingredients: canola oil (non gm), free range eggs, honey, mustard, garlic, white vinegar, lemon juice, salt.



1. COOK THE CHICKEN

Set oven to 220°C (see notes).

Slash Marylands in 3-4 places. Place on a lined oven tray and rub with spice rub, **oil, salt and pepper**. Cook for 25-30 minutes or until cooked through.



2. COOK THE CORN

Quarter corn cobs. Rub with **oil, salt and pepper**. Cook in the oven for 15-20 minutes or until golden.



3. MAKE THE COLESLAW

Dice or slice apple. Place in a bowl with coleslaw and aioli. Toss to combine well (using your hands). Season to taste with **salt and pepper**.



4. FINISH AND SERVE

Serve chicken Marylands with corn and coleslaw.

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**

