



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Apples

It is best to leave the skin on when eating apples and pears. Their skin contains an abundance of beneficial nutrients!



P4

Green Curry BBQ Marylands with Apple Slaw

A unique blend of WA finger lime, native lemongrass and lemon myrtle gives these BBQ chicken Marylands a burst of flavour! Paired with a summery Asian coleslaw and soy dressing, easy and delicious!



30 minutes



4 servings



Chicken

December 2022

Use it up!

If you have any leftover seeds, nuts or fried shallots, you can toss them through the salad. Some toasted coconut also works well!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	36g	43g

FROM YOUR BOX

CHICKEN MARYLANDS	4-pack
GREEN CURRY SPICE MIX	1 sachet
CORIANDER	1 packet
AVOCADO	1
GREEN APPLE	1
ORIENTAL COLESLAW	1 bag (250g)

FROM YOUR PANTRY

oil for cooking, soy sauce, apple cider vinegar, sugar (of choice)

KEY UTENSILS

BBQ

NOTES

You can also roast the chicken in the oven at 250°C for 25–30 minutes or until cooked through.

We used brown sugar in the dressing. You could use sesame oil in the dressing for a more authentic flavour.



1. COOK THE CHICKEN

Heat BBQ over medium-high heat (see notes). Slash chicken and coat with curry spice mix and **oil**. Cover with BBQ lid and cook for 8–10 minutes each side or until cooked through.



2. PREPARE THE DRESSING

Finely chop coriander stems. Combine with **2 tbsp vinegar**, **2 tbsp soy sauce**, **2 tbsp oil** and **1 tbsp sugar** (see notes).



3. PREPARE THE SALAD

Chop remaining coriander, dice avocado and slice apple. Toss together with oriental slaw and 2 tbsp dressing.



4. FINISH AND SERVE

Serve BBQ chicken alongside apple slaw and remaining dressing.

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**

