



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



**e-Recipe only**

Create your way by  
using your favourite  
pantry items from  
home.



## BBQ Chicken and Corn with Coleslaw

Chicken tenderloins with sweet corn cobbettes and crunchy coleslaw.  
This meal is easy to add potatoes or rolls for a more filling meal!



20 minutes



2 servings



Chicken

## FROM YOUR BOX

CORN COB	1
CHICKEN TENDERLOINS	300g
COLESLAW	250g

## FROM YOUR PANTRY

oil for cooking, salt and pepper, mayonnaise (or creamy dressing)

## NOTES

Add some oven baked chips or wedges for a heartier meal! You can also serve the chicken and coleslaw in wraps or hamburger buns!

The chicken can be crumbed with panko or bread crumbs to make chicken fingers.

## 1. COOK THE CORN

Cut corn into cobettes. Bring a saucepan of water to boil. Add corn and cook for 5 minutes until tender. Drain and set aside.

**TIP** *You can coat the corn with marinade and cook on the grill or BBQ for a more fun flavour. Toss the corn with some butter and season with salt if preferred.*

## 2. COOK THE CHICKEN

Coat chicken with seasoning of choice (see tip). Cook on griddle pan over medium-high heat for 3-5 minutes each side or until cooked through.

**TIP** *We coated the chicken with 1 tsp smoked paprika to cook and then tossed with 2 tbsp BBQ sauce to serve. You can use smoked paprika, ground cumin, a Mexican spice mix or pre-made marinade.*

## 3. DRESS THE COLESLAW

Julienne or grate carrot. Toss coleslaw with **mayonnaise or creamy dressing** of choice.

**TIP** *We dressed the coleslaw with 100g aioli. You could use yoghurt or a pre-made vinaigrette. Add some sliced apple, red onion and herbs if you have some.*

## 4. FINISH AND SERVE

Serve chicken with corn and coleslaw.