



BBQ Chicken Platter

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



30 minutes



2 servings



Chicken

FROM YOUR BOX

CORN COB	1
CHICKEN TENDERLOINS	300g
CARROT	1
COLESLAW	250g
AIOLI	1 sachet

FROM YOUR PANTRY

oil for cooking, salt and pepper

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 **aioli**.

TIP *Add some sliced apple, red onion and herbs if you have some.*

4. FINISH AND SERVE

Serve **chicken** with **corn** and **coleslaw**.

This recipe has simplified instructions to help lower your meal cost.