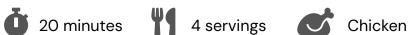


BBQ Chicken and Corn

with Coleslaw





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

FROM YOUR BOX

CORN COBS	2
CHICKEN TENDERLOINS	600g
CARROT	1
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.