



## 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



4 servings



Chicken

## FROM YOUR BOX

|                     |          |
|---------------------|----------|
| CORN COBS           | 2        |
| CHICKEN TENDERLOINS | 600g     |
| COLESLAW            | 250g     |
| CARROT              | 1        |
| 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.**