




Product Spotlight: Sweet Corn


Corn is a special food, falling into not just one food category but two. The kernels are classified as a vegetable, but if you dry and pop them into popcorn they are considered a grain!



2 BBQ Chicken & Chopped Salad

Grilled chicken schnitzels with a smokey BBQ sauce, charred corn cobs and a crisp chopped salad with creamy yoghurt dressing – perfect for a Summer's night!

 30 minutes

 2 servings

 Chicken

28 December 2020

Mix it up!

You can remove the corn from cobs and slice chicken to make a chicken salad if preferred. Add some fresh coriander to the salad for extra flavour!

Per serve: **PROTEIN** 38g **TOTAL FAT** 9g **CARBOHYDRATES** 45g

FROM YOUR BOX

CORN COB	1
BABY COS LETTUCE	1
CONTINENTAL CUCUMBER	1/2 *
TOMATO	1
CELERY	1 stick
NATURAL YOGHURT	2 tbsp *
BBQ SAUCE	1/2 bottle *
CHICKEN BREAST FILLET	300g

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, apple cider vinegar, smoked paprika

KEY UTENSILS

griddle pan (or BBQ/frypan)

NOTES

If using a BBQ or frypan you can add an extra 1 tbsp BBQ sauce to the chicken as it won't stick as much as a griddle pan.



1. COOK THE CORN

Heat a griddle pan over high heat. Cut corn into cobs and coat with **oil, salt and pepper**. Place on griddle and cook for 8-10 minutes turning until charred.



2. PREPARE THE SALAD

Meanwhile, chop lettuce leaves, cucumber and tomato. Slice celery. Toss through yoghurt and season with **salt and pepper**.



3. PREPARE THE CHICKEN

Combine 1/2 tbsp BBQ sauce (see notes), **1/2 tsp smoked paprika, 1/2 tbsp oil, salt and pepper**. Cut chicken into schnitzels and rub marinade over to coat.



4. COOK THE CHICKEN

Reheat griddle pan over medium-high heat. Cook chicken (in batches if needed) for 3-4 minutes each side or until cooked through.



5. FINISH AND PLATE

Divide chicken, salad and corn among plates. Drizzle extra BBQ sauce over chicken to taste.

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**

