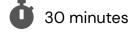




Charred Corn and Chicken Salad

with Mild Blue Cheese

A salad of grilled corn, avocado and radishes, served with cajun chicken and mild blue cheese crumbled over the top.







Switch it up!

Make a blue cheese dressing! Whisk the vinegar with 11/2 tsp dijon mustard and 1 diced shallot. Add the olive oil and blue cheese. Whisk all until creamy. Season with salt and pepper.

TOTAL FAT CARBOHYDRATES

20g

FROM YOUR BOX

CORN COBS	2
CHICKEN TENDERLOINS	600g
GEM LETTUCE	3-pack
SPRING ONIONS	1/3 bunch *
RADISHES	1/2 bunch *
AVOCADOS	2
BLUE CHEESE	1 packet

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cajun spice, vinegar of choice (see notes)

KEY UTENSILS

2 frypans

NOTES

White wine vinegar, apple cider vinegar, sherry vinegar, rice vinegar, and white vinegar would all work well for this recipe.

If you don't have cajun spice you can replace it with smoked paprika, ground paprika, ground cumin or ground coriander.

Cajun spice can sometimes have medium-high heat levels. If you prefer a mild heat, use less.



1. CHAR THE CORN

Heat a frypan over medium-high heat with oil. Remove kernels from corn cobs. Add to pan and cook, stirring, for 5-8 minutes or until charred.



2. COOK THE CHICKEN

Heat a second frypan over medium-high heat. Coat chicken in oil, 1 tbsp cajun spice (see notes), salt and pepper. Add to pan and cook for 4-5 minutes each side or until cooked through.



3. MAKE THE DRESSING

In a large bowl whisk together 1/4 cup olive oil, 2 tbsp vinegar, salt and pepper.



4. TOSS THE SALAD

Slice gem lettuce. Thinly slice spring onions, trim and wedge radishes. Dice avocados. Add to bowl with dressing, along with charred corn. Toss until well coated.



5. FINISH AND SERVE

Divide salad among bowls, top with chicken and crumble over blue cheese.



