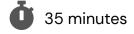




# **BBQ Chicken**

# with Grilled Corn & Ricotta

Juicy grilled BBQ chicken fillets, sliced and served alongside a charred corn succotash salad with sweet basil, zucchini and creamy ricotta.







Add some crushed garlic or tomato relish to the chicken marinade for a richer BBQ flavour. You could also add some dried chilli flakes or a squeeze of lime juice to the corn salad.

36g

24g

#### FROM YOUR BOX

CHICKEN THIGH FILLETS	600g
CORN COBS	3
GREEN BEANS	1/2 bag (125g) *
ZUCCHINI	1
RED ONION	1/4 *
CHERRY TOMATOES	1 bag (200g)
BASIL	1 packet (20g)
RICOTTA	1/2 tub *

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, soy sauce (or tamari), smoked paprika, dried oregano, red (or white) wine vinegar, salt and pepper

#### **KEY UTENSILS**

frypan, griddle pan or frypan

#### **NOTES**

Quarter any larger tomatoes if preferred. If you don't like raw onion you can add it to the corn to cook down.



#### 1. COOK THE CHICKEN

Heat a griddle pan over medium-high heat. Coat chicken with 2 tsp paprika, 2 tsp vinegar, 1 tbsp soy sauce and 1 tbsp oil. Cook on griddle pan for 4-5 minutes each side or until cooked through.



### 2. COOK THE CORN

Remove corn from cobs and add to a frypan over medium-high heat with oil.



#### 3. ADD BEANS & ZUCCHINI

Trim and slice beans. Dice zucchini. Add to pan as you go along with 1 tsp dried oregano. Cook for 6-8 minutes until tender. Season with salt and pepper.



# 4. PREPARE THE SALAD

Thinly slice onion and halve tomatoes (see notes). Slice basil leaves. Toss together with 1 tbsp vinegar in a large salad bowl.



# 5. TOSS THE SALAD

Toss fresh salad with cooked veggies and ricotta. Season with salt and pepper.



## 6. FINISH AND PLATE

Divide corn succotash among shallow bowls. Slice chicken and add on top.



