

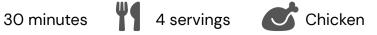


BBQ Chicken & Chopped Salad

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







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!

TOTAL FAT CARBOHYDRATES

37g

31g

FROM YOUR BOX

CORN COBS	2
GEM LETTUCE	2 *
CONTINENTAL CUCUMBER	1/2 *
TOMATOES	2
CELERY	2 sticks
NATURAL YOGHURT	1/4 cup *
BBQ SAUCE	1/2 bottle *
CHICKEN BREAST FILLETS	600g

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, 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 cobettes 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 tomatoes. Slice celery. Toss through yoghurt and season with **salt and pepper**.



3. PREPARE THE CHICKEN

Combine 1/2 tbsp BBQ sauce (see notes), 1 tsp smoked paprika, 1 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.



