



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: BBQ Spice Rub

A delicious blend of spices by GH Produce boasting flavours of smoked paprika, coconut sugar, chipotle, Tasmanian pepper berry, saltbush, and desert lime!



2

Ozzie BBQ Rub Chicken

with Broccoli Salad

Spice rubbed chicken marylands using native Australian flavours of pepper berry, salt bush and desert lime, paired with a fresh broccoli salad with charred corn and mint.



40 mins



4 servings



Chicken

8 March 2021

Mix it up!

*For an extra charred flavour
cook the chicken and the corn
on the BBQ if you have one!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	41g	25g	33g

FROM YOUR BOX

CHICKEN MARYLANDS	4 pack
OZZIE BBQ SPICE RUB	1 sachet (30g)
CORN COBS	2
BROCCOLI	1
CHERRY TOMATOES	1 bag (200g)
MINT	1/2 bunch *
LIME	1
NATURAL YOGHURT	1/4 cup *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, ground cumin

KEY UTENSILS

oven tray, frypan

NOTES

If your oven doesn't set to 250°C you can set it to 220°C and allow an extra 10 minutes cooking time. Alternatively you could cook the chicken on the BBQ!

When chopping the broccoli, use a knife to shave off the florets then finely chop the stem. You could also use a food processor if you have one. If you prefer your broccoli cooked you can cut into small florets and roast in the oven or cook in the fry pan.



1. ROAST THE CHICKEN

Set oven to 250°C (see notes).

Slash the chicken to the bone and rub with spice rub, **oil, salt and pepper**. Place on a lined oven tray and roast in oven for 30–35 minutes until cooked through.



2. CHAR THE CORN

Heat a frypan over high heat. Remove corn from cobs. Add to pan along with **2 tsp cumin, oil, salt and pepper**. Cook for 6–8 minutes, tossing, until charred.



3. PREPARE THE SALAD

Finely chop broccoli (see notes). Quarter tomatoes and slice mint.



4. TOSS THE SALAD

Combine lime zest, 1/2 the juice (wedge remaining), yoghurt and **1 tbsp olive oil**. Toss together with salad and cooked corn until coated. Season with **salt and pepper**.



5. FINISH AND PLATE

Divide broccoli salad and chicken among plates. Serve with lime wedges.

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**

