



### Product Spotlight: Ricotta

Ricotta (meaning re-cooked) is a fresh, soft Italian cheese. Instead of whole milk, ricotta is made with whey, a liquid by-product in cheese making that's usually discarded - in other words a great sustainable product!



## 2 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.

 35 minutes

 4 servings

 Chicken

23 November 2020

### Spice it up!

*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.*

Per serve: **PROTEIN** 36g **TOTAL FAT** 17g **CARBOHYDRATES** 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 *

*\*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.

**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](mailto:hello@dinnertwist.com.au)

