



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Corn Cob

Corn is a special food, falling into not just one food category but two. The kernels are classified as a vegetable, but if you dry and pop them into popcorn they are considered a grain!



## 1 Tex Mex BBQ Chicken Platter

An easy “help yourself” platter to please the family! BBQ chicken tenderloins and corn on the cob, served with a lime guacamole, fresh salad and tortilla strips.

 20 minutes

 2 servings



 Chicken

24 December 2021

## Party ready!

*If you're entertaining, make a larger guacamole by adding diced capsicum and charred corn. Serve with tortilla chips.*

## FROM YOUR BOX

CHICKEN TENDERLOINS 	300g
MEXICAN SPICE MIX	1 sachet
CORN COB	1
AVOCADO	1
LIME	1
RED CAPSICUM	1
BABY COS LETTUCE	1
TORTILLA STRIPS	1 bag
 VEGGIE FRITTERS	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper


## KEY UTENSILS

frypan/griddle pan or BBQ

## NOTES

You can add some yoghurt to the guacamole to stretch it out if preferred!


Any leftover Mexican spice mix can be used for making nachos or stirred into sour cream for a dip!

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



### 1. COOK THE CHICKEN

Coat chicken with 1 tbsp Mexican spice mix, **oil, salt and pepper**. Cook in griddle pan or BBQ over medium-high heat for 5-6 minutes each side or until cooked through.

 **VEG OPTION** - Coat fritters with oil and cook on griddle pan or BBQ for 3-4 minutes each side until warmed through.



### 4. PREPARE THE SALAD


Slice capsicum. Wedge baby cos lettuce.

 **VEG OPTION** - Wedge lettuce.



### 2. COOK THE CORN


Cut corn into half. Coat with 1 tsp spice mix, **oil, salt and pepper**. Cook on griddle pan or BBQ at the same time as chicken for 10 minutes, turning.

 **VEG OPTION** - Thickly slice capsicum and cut corn in half. Coat with 1/2 tbsp Mexican spice mix. Cook on griddle pan or BBQ until tender and charred.



### 5. FINISH AND SERVE

Arrange chicken with corn, salad, guacamole and tortilla strips on a platter. Serve with lime wedges.

 **VEG OPTION** - Arrange fritters with charred vegetables, guacamole, lettuce and tortilla strips on a platter. Serve with lime wedges.



### 3. MAKE THE GUACAMOLE

Meanwhile, mash the avocado with juice from 1/2 lime (wedge remaining). Season with **salt and pepper**.

**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**

