



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Baby cos lettuce

Sturdy, crunchy and packed with nutrition, cos lettuce is a hearty salad green. Also known as romaine lettuce, cos is high in fibre and low in calories.



## 1 Pulled Chicken Burgers

Freshly baked brioche bread rolls from Abhi's, filled with moist pulled barbecue chicken and served with corn cobs.



20 minutes



4 servings



Chicken

5 October 2020

### *Adapt for little eaters*

*Have a little taste of the barbecue sauce and if you think it brings too much flavour to the dish – feel free to adapt! Mash the avocado and serve chicken as is with avocado, caramelised onions, fresh veggies and aioli instead!*

## FROM YOUR BOX

RED ONION	1
CHOPPED TOMATOES	400g
BARBECUE SAUCE	1/2 bottle *
PRE-COOKED CHICKEN	1 packet (250g)
CORN COBS	2
BABY COS LETTUCE	1
AIOLI	1 tub (50g)
BRIOCHE BURGER BUNS	4-pack
AVOCADO	1
ALFALFA SPROUTS	1/2 punnet *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you prefer the flavour less smokey you can use 1 tsp each of smoked and regular ground paprika.

Cut corn cobs to your liking, younger children might prefer thinner slices.

**No gluten option – burger buns are replaced with GF burger buns.**

**Veg option – Pre-cooked chicken is replaced with 1 packet halloumi.** Cook the tomato & onion mixture according to the recipe, without the chicken. Slice and rub halloumi with 1 tsp smoked paprika. Cook in a frypan with oil for 2 minutes on each side or until golden. Assemble halloumi burgers.



### 1. SAUTÉ THE ONION

Heat a frypan with **oil** over medium-high heat. Slice and add onion, sauté in a frypan for 3 minutes or until softened. Season with **2 tsp smoked paprika** (see notes).



### 2. SIMMER THE CHICKEN

Add chopped tomatoes and 1/3 cup barbecue sauce. Add chicken, bring to the boil and simmer, semi-covered, for 8-10 minutes. Stir occasionally.



### 3. COOK THE CORN

Halve corn cobs, place in a saucepan and cover with water (see notes). Bring to the boil, drain and set aside.



### 4. PREPARE THE TOPPINGS

Thinly slice lettuce and toss with aioli.

Slice buns and warm if desired.

Slice avocado. Arrange all on a platter with sprouts and corn. Take to the table.



### 5. SEASON THE CHICKEN

Break chicken up using your spatula. Season well with **salt and pepper** to taste. Take chicken mixture to the table.



### 6. FINISH AND SERVE

Allow everyone to assemble their own burger with dressed lettuce, avocado, chicken and sprouts. Serve with corn cobs.

**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**

