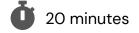


# Cajun BBQ Chicken

# with Chopped Salad

Spiced chicken tenderloins, best cooked on the BBQ, served with a crunchy chopped cabbage salad with charred corn and creamy aioli.







# Bulk it up!

Need to feed a few more people or extra hungry tummies? You can serve this dish with sweet potato wedges or garlic bread on the side.

## FROM YOUR BOX

CORN COBS	2
SUGARLOAF CABBAGE	1
CHERRY TOMATOES	1 bag (200g)
SHALLOT	1
TINNED BLACK BEANS	400g
CHICKEN TENDERLOINS 4	600g
AIOLI MAYONNAISE	100g
SWEET POTATOES	800g
CHEDDAR CHEESE	1 packet

<sup>\*</sup>Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, cajun spice mix, red wine vinegar

#### **KEY UTENSILS**

frypan/griddle pan or BBQ, oven tray (vegetarian option only)

#### **NOTES**

If you have any leftover chives you can add them to the salad or as a garnish on the chicken.

If you don't have cajun spice you can use a combination of ground cumin, paprika, oregano and garlic.

Aioli ingredients are: canola oil (non gm), free range eggs, honey, mustard, garlic (3.7%), white vinegar, lemon juice, salt

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



#### 1. COOK THE CORN

Heat a griddle pan or BBQ over mediumhigh heat. Coat corn with 1/2 tsp cajun spice, oil, salt and pepper. Cook corn for 8–10 minutes turning until charred.

■ VEG OPTION - Set oven to 220°C. Halve sweet potatoes and roast on a lined oven tray for 20 minutes. Cook corn as above.



# 4. TOSS THE SALAD

Remove corn kernels from cobs. Toss with salad, 1 tbsp vinegar and aioli. Season with salt and pepper to taste.

VEG OPTION - Drain beans and combine with cheese (to taste). Use a fork to press centre of potatoes down forming a boat. Fill with bean mix. Return to oven for 5 minutes.



### 2. PREPARE THE SALAD

Meanwhile, chop cabbage, halve tomatoes and slice shallot. Place in a large salad bowl with drained black beans.

VEG OPTION - Prepare salad as above, omitting the black beans.



### 3. COOK THE CHICKEN

Coat chicken with 3 tsp cajun spice, oil, salt and pepper. Remove corn from pan and add chicken. Cook (in batches if needed) for 3-4 minutes each side or until cooked through.

\*\* VEG OPTION - Remove corn kernels from cobs. Toss with salad, 1 tbsp vinegar and aioli. Season with salt and pepper.



# 5. FINISH AND SERVE

Serve chicken with chopped salad at the table.

**\*\*** VEG OPTION - Serve stuffed potatoes with chopped salad on the side.

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



