



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Tomatoes


Leave your tomatoes out of the fridge to ripen. They will have a much richer flavour!



B2 Pulled Chicken Burgers with Coleslaw

Smokey tomato pulled chicken with creamy coleslaw and avocado in freshly baked milk buns from Abhi's Bakery.

 25 minutes

 2 servings

 Chicken

6 May 2022

Speed it up!

If you don't feel like making pulled chicken, you can cut the chicken into schnitzels and cook with the spice rub instead. Cook down the onions and serve the tomato as a fresh filling.

FROM YOUR BOX

CHICKEN BREAST FILLETS	300g
BROWN ONION	1
TOMATOES	2
TOMATO PASTE	1 sachet
AVOCADO	1
AIOLI	1 packet
COLESLAW	1 bag
MILK BUNS	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, plain flour

KEY UTENSILS

frypan, frypan with lid

NOTES

For quicker cooking time, cut the chicken into schnitzels before pan frying.

You can also add 1 tsp ground cumin or ground coriander for extra flavour.

No gluten option – milk buns are replaced with gluten-free buns.



1. COOK THE CHICKEN

Set oven to 200°C (optional for buns).

Heat a frypan over medium-high heat. Coat chicken with **oil, salt and pepper**. Cook in pan for 8-10 minutes each side or until cooked through (see notes).



2. SAUTÉ THE TOMATOES

Heat a second frypan over medium-high heat with **oil**. Slice onion and chop tomatoes. Cook in pan for 5 minutes.



3. SIMMER THE SAUCE

Stir through **1 tsp flour, 2 tsp smoked paprika** and tomato paste (see notes). Pour in **1/3 cup water**, cover and simmer for 10 minutes (stir occasionally).



4. PREPARE FILLINGS

Slice avocado. Stir aioli through coleslaw. Cut buns in half and warm in oven for 5 minutes until toasty (optional).



5. PULL THE CHICKEN

Pull chicken with two forks or thinly slice. Stir through tomato sauce until combined. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Assemble burgers with coleslaw, avocado and chicken. Serve any remaining coleslaw 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**

