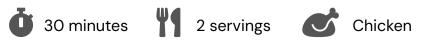






BBQ Chicken Salad



A vibrant salad of shredded red cabbage, charred corn and red potatoes topped with BBQ chicken breast and served with dressing of your choice.

FROM YOUR BOX

MEDIUM POTATOES	2
CHICKEN BREAST FILLETS	300g
CORN COB	1
GREEN CHILLI	1
RED CABBAGE	1/4

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

We made a dressing for this dish by whisking together 1/4 cup red wine vinegar, 1 tsp mustard, 1/4 cup olive oil and 1/2 tsp sugar.

For a creamy dressing, blend 1 cup yoghurt with fresh coriander or mint. You could also use a pre made mayonnaise or vinegar based dressing of choice!

1. BOIL THE POTATOES

Quarter **potatoes**. Add to a saucepan and cover with plenty of water. Bring to a boil and simmer for 12 minutes or until tender. Drain and set aside (continue at step 3).

TIP You can dice and roast the potatoes with a seasoning of choice if preferred. If you prefer to not BBQ the potatoes, continue simmering in boiling water until they are cooked through.

2. BBQ THE CHICKEN

Heat a BBQ or griddle pan over medium-high heat. Coat **chicken** with seasoning of choice (see tip). Cook for 6-8 minutes each side or until cooked through.



We used 1 tbsp pre made peri peri seasoning to season the chicken. You could use smoked paprika, ground coriander or cumin.

3. BBQ THE VEG

Remove **corn** husks and coat cob with **oil**. Add to BBQ at same time as chicken and cook for 10 minutes turning until charred. Toss cooked potatoes with **oil**, **salt and pepper**. Add to BBQ and cook, turning until charred.



Use a pre made dressing - green goddess.

4. FINISH AND SERVE

Finely shred **red cabbage** (use to taste). Remove corn kernels from cob. Slice chicken. Arrange all components in bowls or large serving plates. Slice **chilli** and use to garnish. Serve with dressing of choice (see notes).



You can add some chopped coriander, sliced radishes or chives to the salad!

This recipe has simplified instructions to help lower your meal cost.