



## 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.



30 minutes



2 servings



Chicken

## FROM YOUR BOX

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

## FROM YOUR PANTRY

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oil for cooking, salt and pepper

## NOTES

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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

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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

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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.

**TIP** *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

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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.

**TIP** *Use a pre made dressing - green goddess.*

## 4. FINISH AND SERVE

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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).

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

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