



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



4 servings



Chicken

FROM YOUR BOX

MEDIUM POTATOES	4
CHICKEN BREAST FILLETS	600g
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 1/3 cup red wine vinegar, 1 tsp mustard, 1/3 cup olive oil and 1 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.

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

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.

4. FINISH AND SERVE

Finely shred **red cabbage**. 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 *Add some chopped coriander, sliced radishes or chives can be added to the salad!*

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