



Product Spotlight: Blue Cheese


The mould on the inside of blue cheese is created by piercing the cheese with long needles to create air passages that allow mould to grow. That's why blue veins appear throughout the cheese.



2 Charred Corn and Chicken Salad with Mild Blue Cheese

A salad of grilled corn, avocado and radishes, served with cajun chicken and mild blue cheese crumbled over the top.

 30 minutes

 2 servings

 Chicken

15 October 2021

Switch it up!

Make a blue cheese dressing! Whisk the vinegar with 1 1/2 tsp dijon mustard and 1 diced shallot. Add the olive oil and blue cheese. Whisk all until creamy. Season with salt and pepper.

Per serve: **PROTEIN** 44g **TOTAL FAT** 42g **CARBOHYDRATES** 20g

FROM YOUR BOX

CORN COB	1
CHICKEN TENDERLOINS	300g
BABY COS LETTUCE	1
SPRING ONIONS	2 stalks
RADISHES	1/2 bunch *
AVOCADO	1
BLUE CHEESE	1 packet (use to taste)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, cajun spice, vinegar of choice

KEY UTENSILS

2 frypans

NOTES

If you have left over blue cheese you can crumble it over cooked steak, make a blue cheese dipping sauce for spicy chicken wings or stuff in field mushrooms.

If you don't have cajun spice you can replace it with smoked paprika, ground paprika, ground cumin or ground coriander.

Cajun spice can sometimes have medium-high heat levels. If you prefer a mild heat, use less.



1. CHAR THE CORN

Heat a frypan over medium-high heat with **oil**. Remove kernels from corn cob. Add to pan and cook, stirring, for 5-8 minutes or until charred.



2. COOK THE CHICKEN

Heat a second frypan over medium-high heat. Coat chicken in **oil**, **2 tsp cajun spice** (see notes), **salt and pepper**. Add to pan and cook for 4-5 minutes each side until cooked through.



3. MAKE THE DRESSING

In a large bowl whisk together **2 tbsp olive oil**, **1 1/2 tbsp vinegar**, **salt and pepper**.



4. TOSS THE SALAD

Slice lettuce. Thinly slice spring onions, trim and wedge radishes. Dice avocado. Add to bowl with dressing, along with charred corn. Toss until well coated.



5. FINISH AND SERVE

Divide salad among bowls, top with chicken and crumble over blue cheese to taste.

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**

