




Product Spotlight: Ricotta


Ricotta (meaning re-cooked) is a fresh, soft Italian cheese. Instead of whole milk, ricotta is made with whey, a liquid by-product in cheese making that's usually discarded - in other words a great sustainable product!



2 BBQ Chicken with Grilled Corn & Ricotta

Juicy grilled BBQ chicken fillets, sliced and served alongside a charred corn succotash salad with sweet basil, courgette and creamy ricotta.

 35 minutes

 2 servings

 Chicken

23 November 2020

Spice it up!

Add some crushed garlic or tomato relish to the chicken marinade for a richer BBQ flavour. You could also add some dried chilli flakes or a squeeze of lime juice to the corn salad.

Per serve: **PROTEIN** 43g **TOTAL FAT** 26g **CARBOHYDRATES** 38g

FROM YOUR BOX

CHICKEN THIGH FILLETS	300g
CORN COBS	2
GREEN BEANS	1/2 bag (75g) *
COURGETTES	2
RED ONION	1/4 *
CHERRY TOMATOES	1 bag (200g)
BASIL	1 packet (20g)
RICOTTA	1/2 tub *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, soy sauce (or tamari), smoked paprika, dried oregano, red wine vinegar, salt and pepper

KEY UTENSILS

frypan, griddle pan or frypan

NOTES

Quarter any larger tomatoes if preferred. If you don't like raw onion you can add it to the corn to cook down.



1. COOK THE CHICKEN

Heat a griddle pan over medium-high heat. Coat chicken with **2 tsp paprika**, **2 tsp vinegar**, **1 tbsp soy sauce** and **1 tbsp oil**. Cook on griddle pan for 4-5 minutes each side or until cooked through.



2. COOK THE CORN

Remove corn from cobs and add to a frypan over medium-high heat with **oil**.



3. ADD GREENS

Trim and slice beans. Dice courgettes. Add to pan as you go along with **1 tsp dried oregano**. Cook for 6-8 minutes until tender. Season with **salt and pepper**.



4. PREPARE THE SALAD

Thinly slice onion and halve tomatoes (see notes). Slice basil leaves. Toss together with **1/2 tbsp vinegar** in a large salad bowl.



5. TOSS THE SALAD

Toss fresh salad with cooked veggies and ricotta. Season with **salt and pepper**.



6. FINISH AND PLATE

Divide corn succotash among shallow bowls. Slice chicken and add on top.

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

