



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Baby cos lettuce


Sturdy, crunchy and packed with nutrition, cos lettuce is a hearty salad green. Also known as romaine lettuce, cos is high in fibre and low in calories.



1 Pulled Chicken Burgers

Freshly baked brioche bread rolls from Abhi's, filled with moist pulled barbecue chicken and served with corn cobs.

 20 minutes

 2 servings

 Chicken

5 October 2020

Adapt for little eaters

Have a little taste of the barbecue sauce and if you think it brings too much flavour to the dish - feel free to adapt! Mash the avocado and serve chicken as is with avocado, caramelised onions, fresh veggies and aioli instead!

FROM YOUR BOX

BROWN ONION	1/2 *
CHOPPED TOMATOES	400g
BARBECUE SAUCE	1/2 bottle *
PRE-COOKED CHICKEN	1 packet (250g)
CORN COB	1
BABY COS LETTUCE	1
NATURAL YOGHURT	40g *
BRIOCHE BURGER BUNS	2-pack
AVOCADO	1
ALFALFA SPROUTS	1/3 punnet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, mayonnaise

KEY UTENSILS

large frypan, saucepan

NOTES

If you prefer the flavour less smokey you can use 1 tsp each of smoked and regular ground paprika.

Cut corn cobs to your liking, younger children might prefer thinner slices.

No gluten option – burger buns are replaced with GF burger buns.

Veg option – Pre-cooked chicken is replaced with 1 packet halloumi. Cook the tomato & onion mixture according to the recipe, without the chicken. Slice and rub halloumi with 1 tsp smoked paprika. Cook in a frypan with oil for 2 minutes on each side or until golden. Assemble halloumi burgers.



1. SAUTÉ THE ONION

Heat a frypan with **oil** over medium-high heat. Slice and add onion, sauté in a frypan for 3 minutes or until softened. Season with **2 tsp smoked paprika** (see notes).



2. SIMMER THE CHICKEN

Add chopped tomatoes and 1/3 cup barbecue sauce. Add chicken, bring to the boil and simmer, semi-covered, for 8-10 minutes. Stir occasionally.



3. COOK THE CORN

Halve corn cobs, place in a saucepan and cover with water (see notes). Bring to the boil, drain and set aside.



4. PREPARE THE TOPPINGS

Thinly slice lettuce and toss with 2 tbsp yoghurt, **1 tbsp mayonnaise, salt and pepper**.

Slice buns and warm if desired.

Slice avocado. Arrange all on a platter with sprouts and corn. Take to the table.



5. SEASON THE CHICKEN

Break chicken up using your spatula. Season well with **salt and pepper** to taste. Take chicken mixture to the table.



6. FINISH AND SERVE

Allow everyone to assemble their own burger with dressed lettuce, avocado, chicken and sprouts. Serve with corn cobs.

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**

