

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sugarloaf cabbage

The sugarloaf cabbage is recognised for its conical shape. It has a lovely sweet flavour and can be used cooked or raw in salads.



2 Cajun BBQ Chicken with Chopped Salad

Spiced chicken tenderloins, best cooked on the BBQ, served with a crunchy chopped cabbage salad with charred corn and creamy aioli.

 20 minutes

 2 servings




 Chicken

3 December 2021

Bulk it up!

Need to feed a few more people or extra hungry tummies? You can serve this dish with sweet potato wedges or garlic bread on the side.

FROM YOUR BOX

| | |
|---|--------------|
| CORN COB | 1 |
| SUGARLOAF CABBAGE | 1 |
| CHERRY TOMATOES | 1 bag (200g) |
| SHALLOT | 1 |
| TINNED BLACK BEANS | 400g |
| CHICKEN TENDERLOINS  | 300g |
| AIOLI MAYONNAISE | 100g |
|  SWEET POTATOES | 400g |
|  CHEDDAR CHEESE | 1 packet |

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, cajun spice mix, red wine vinegar

KEY UTENSILS


frypan/griddle pan or BBQ,
oven tray (vegetarian option only)

NOTES

If you have any leftover chives you can add them to the salad or as a garnish on the chicken.

If you don't have cajun spice you can use a combination of ground cumin, paprika, oregano and garlic.


Aioli ingredients are: canola oil (non gm), free range eggs, honey, mustard, garlic (3.7%), white vinegar, lemon juice, salt

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



1. COOK THE CORN


Heat a griddle pan or BBQ over medium-high heat. Coat corn with **1/4 tsp cajun spice, oil, salt and pepper**. Cook corn for 8-10 minutes, turning, until charred.

 **VEG OPTION** - Set oven to 220°C. Halve sweet potatoes and roast on a lined oven tray for 20 minutes. Cook corn as above.



2. PREPARE THE SALAD


Meanwhile, chop cabbage, halve tomatoes and slice shallot. Place in a large salad bowl with drained black beans.

 **VEG OPTION** - Prepare salad as above, omitting the black beans.



3. COOK THE CHICKEN


Coat chicken with **1-2 tsp cajun spice, oil, salt and pepper**. Remove corn from pan and add chicken. Cook for 3-4 minutes each side or until cooked through.

 **VEG OPTION** - Remove corn kernels from cobs. Toss with salad, 1/2 tbsp vinegar and aioli. Season with salt and pepper.



4. TOSS THE SALAD


Remove corn kernels from cobs. Toss with salad, **1/2 tbsp vinegar** and aioli. Season with **salt and pepper** to taste.

 **VEG OPTION** - Drain beans and combine with cheese (to taste). Use a fork to press centre of potatoes down forming a boat. Fill with bean mix. Return to oven for 5 minutes.



5. FINISH AND SERVE

Serve chicken with chopped salad at the table.

 **VEG OPTION** - Serve stuffed potatoes with chopped salad on the side.

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