

# BBQ Chicken Bowl

 Ready in 30 minutes  Prep - 10 minutes. Cook time 20 minutes



**SIMPLY  
DINNER**

**FEEDS 4**

- RECIPE BY -

**annabel  
langbein™**

## What's in the kit

- Annabel's Go To Smoky BBQ sauce
- Annabel's Go To Mayo
- Short grain rice
- Chicken breast
- Spring onions
- Carrots
- Canned corn kernels
- Canned kidney beans

## What else you need

- Cooking oil
- Salt and pepper

## Optional extras

- Sprinkle of black or toasted sesame seeds
- Avocado

*Dinner's  
in the Bag!*

NET WEIGHT 1795 g



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**NEW  
RECIPE**  
TAKE ME HOME

# BBQ Chicken Bowl



Serves 4



Ready in 30 minutes

## Ingredients

We endeavour to supply your meal kit exactly as shown. However, due to seasonality and supply issues some ingredients may occasionally be substituted with a different item.

1 1/2 cups short grain rice

Salt and pepper

400g chicken

2 large carrots

150g Annabel's Go To Smoky BBQ sauce

100g Annabel's Go To Mayo

2 spring onions

1 tbsp oil

1 can corn kernels

1 can kidney beans



## Method

If using optional ingredients, please read cooking method fully before starting to cook.

1. Preheat oven to 200°C fan bake and line a large shallow baking tray with baking paper for easy clean up.
2. Place rice in a large pot with 2 ¼ cups water and ½ tsp salt. Bring to a boil over a high heat, then cover and reduce to lowest heat. Cook for 13 minutes then turn off the heat and allow to stand without lifting the lid. When ready to serve, fluff up with a fork.
3. While rice is cooking, peel and halve lengthways then angle slice thinly into ½ cm slices. Place on prepared baking tray. Cut chicken into bite-size pieces (2-4cm). If using pre-diced chicken, you will not need to cut it. Season chicken with ½ tsp salt and several grinds of pepper and place on tray with carrots.
4. Mix 1 tbsp of Annabel's Go To Smoky BBQ sauce with Annabel's Go To Mayo, put to one side, you will use this at the end to garnish the bowls. Pour the rest of the BBQ sauce over the chicken and carrots and turn to coat in sauce. Spread out on prepared tray. Bake for 20-25 minutes until chicken is cooked through and glazy.
5. While chicken and rice are cooking, prepare the beans and corn.
6. Drain and rinse beans and corn separately. Thinly slice the spring onions keeping the whites and greens separated.
7. If toasting sesame seeds, use a smallish pot or frying pan, toast until golden and empty into a small container. Using the same pan, heat oil over medium heat, and fry drained corn and spring onion whites until lightly golden, 3-4 minutes. Remove from heat, season with salt and pepper. Mix in drained, rinsed beans and most of spring onions greens, reserving a little for garnish.

## To Serve

Divide cooked rice between serving bowls. Portion over bean and corn mix and then cooked chicken and carrots. Drizzle a little of the reserved BBQ mayonnaise mixture over each bowl and garnish with remaining spring onions.

## Optional

If using optional avocado, halve, peel and quarter. Place a quarter of avocado in each bowl. Sprinkle with optional sesame seeds and serve.

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### NUTRITION INFORMATION

Servings per package: 4

Serving size: 567 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	2890 kJ	510 kJ
Protein	37.6 g	6.6 g
Fat, total	9.5 g	1.7 g
- saturated	1.2 g	0.2 g
Carbohydrate	106 g	18.6 g
- sugars	19.7 g	3.5 g
Sodium	944 mg	167 mg

**INGREDIENTS:** Canned corn [Supersweet corn, water, salt, food acid (citric acid)], Red kidney beans [Red kidney beans (61%), water, salt], Chicken (16.7%), Rice, Annabel's Go To BBQ Sauce (8.3%) [Water, tomato paste, sugar, molasses, salt, thickener (1442), garlic powder, mustard flour, acidity regulators (260, 330), colour (caramel 150c), smoke flavour, onion powder, preservative (202), spices], Carrot, Annabel's Go To Mayo [Water, canola oil, thickeners (1442, 1450), vinegar, salt, sugar, mustard flour, preservative (202), antioxidant (385)], Spring onion

**MAY CONTAIN CASHEWS, EGG, SOY, SESAME, WHEAT, MILK**

**NUTRITION INFORMATION** refers to the packaged meal and **NET WEIGHT** refers to the weight of the bag. All ingredients and items within this meal kit are intended for use in the recipe supplied and are to be used as per the stated Use By date. Nutritional values can increase or decrease due to changes caused by the cooking process, the addition of optional ingredients and pantry items (such as salt) or the substitution of fresh produce.

Directions for use and storage conditions: Keep everything clean including hands and surfaces prior to eating. Wash all fruit and vegetables thoroughly. Separate raw and ready to eat foods during storage and preparation. Cook food thoroughly. Keep food at safe temperature and store ingredients between 1°C and 4°C.

**MARKETED BY:** Foodstuffs North Island Ltd.

35 Landing Drive, Mangere, Auckland 2022.

If you have any feedback or issues with your meal kit, please contact the store you purchased your Simply Dinner meal kit from.

