

Webfid00205hero grilledchickenthighs

Grilled Chicken Thighs

with Creamy Corn and Grilled Lemon



30-40min



4 Portions

Generously coated in a tasty spice mix, this chicken also has a stunning smoky flavour from the grill. It perfectly complements the creamy, buttery corn. With a squeeze of the hot, slightly caramelised lemon, this is a beautiful dish you want to make time and time again!

What we send

- 2 garlic cloves, spring onion
- free-range chicken thigh cutlets
- corn kernels
- green beans
- parmesan ⁷
- lemon
- spice mix

What you'll require

- butter ⁷
- milk ⁷
- olive oil
- salt and pepper

Utensils

- baking paper
- chargrill or frypan
- grater
- large frypan
- oven tray

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7). May contain traces of other allergens.

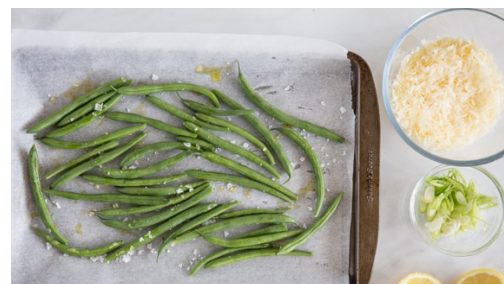
Nutrition per serving

Energy 540.0kcal, Fat 25.3g, Proteins 59.6g, Carbs 15.2g



1. Make spice rub

Preheat oven to 220C. Finely chop the **garlic**. Place half the garlic in a small bowl with the Mexican spice mix and ½ tsp **salt**. Stir in 1 tbs **oil**.



2. Prepare ingredients

Halve the **lemon**. Thinly slice the **spring onions** on the diagonal. Grate the **parmesan**. Trim the **beans** and toss with 1 tsp **oil** on a large oven tray lined with baking paper.



3. Season chicken

Preheat a chargrill pan to medium-high. Rub the **chicken** all over with the **spice mixture**.



4. Grill chicken

Grill the **chicken**, skin-side down for 8-10 mins until golden and crispy. Add the **lemon**, cut-side down to the pan. Turn the chicken and cook for a further 5 mins or until lightly charred. Transfer the chicken to the tray with the **beans** and roast for 5-10 mins until chicken is cooked through.



5. Start creamy corn

Heat 200ml of **milk** in a small saucepan over a medium high heat and simmer for 8-10mins until slightly reduced. Meanwhile, melt 20g **butter** in a large frypan over medium-high heat. Add the **corn**, ⅔ of the **spring onion** and the remaining **garlic**. Season with **salt and pepper** and cook for 5 mins or until softened.



6. Finish creamy corn

Add the **milk** to the frypan with the **corn** and stir to combine. Take the pan off the heat and stir in half the **parmesan** (or to taste). Top corn with the remaining **spring onion**. Serve with the **chicken, beans** and **grilled lemon**.