



BBQ Chicken & Creamy Potato Salad

with Pear Slaw

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Dill & Parsley Mayonnaise



Louisiana Spice Blend



Chicken Thigh



BBQ Sauce



Celery



Pear



Shredded Cabbage Mix



Chicken Breast

Prep in: 15-25 mins
Ready in: 25-35 mins

Calorie Smart

Eat Me Early

Tender chicken gets a lightly spiced Louisiana coating, with a creamy potato salad and fresh pear slaw to round out the meal. The real treat will be the BBQ sauce glaze to add an extra smokey taste to the chicken.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine)

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
dill & parsley	1 packet	1 packet
mayonnaise	(40g)	(80g)
Louisiana spice blend	1 sachet	2 sachets
chicken thigh	1 packet	1 packet
BBQ sauce	1 packet (40g)	1 packet (80g)
celery	1 stalk	2 stalks
pear	1	2
shredded cabbage mix	1 bag (150g)	1 bag (300g)
vinegar* (white wine or rice wine)	drizzle	drizzle
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2370kJ (566Cal)	428kJ (102Cal)
Protein (g)	35.4g	6.4g
Fat, total (g)	29g	5.2g
- saturated (g)	6g	1.1g
Carbohydrate (g)	51g	9.2g
- sugars (g)	26.9g	4.9g
Sodium (mg)	1329mg	240mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2278kJ (544Cal)	411kJ (98Cal)
Protein (g)	39.7g	7.2g
Fat, total (g)	19.6g	6.1g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	51g	9.2g
- sugars (g)	26.9g	4.9g
Sodium (mg)	1312mg	237mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW24



1



Cook the potato

- Boil the kettle. Peel **potato**, then cut into bite-sized chunks.
- Half-fill a medium saucepan with boiling water, season with **salt** and bring to the boil.
- Cook **potato** in boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return to the pan. Allow to cool slightly, then add **dill & parsley mayonnaise**. Toss to combine. Season to taste.

Little cooks: Help stir the mayo through the potato! Careful, it's hot!

3



Make the slaw

- Meanwhile, thinly slice **celery** and **pear**.
- In a large bowl, combine **celery**, **pear**, **shredded cabbage mix** and a drizzle of **vinegar** and **olive oil**. Season to taste.

Little cooks: Take the lead by tossing the salad!

2



Cook the chicken

- SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Meanwhile, combine **Louisiana spice blend** and a drizzle of **olive oil** in a medium bowl. Add **chicken thigh** and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, turning occasionally, until browned and cooked through, **14-16 minutes**.
- Remove pan from heat, then add **BBQ sauce**, turning **chicken** to coat.

TIP: Chicken is cooked through when it's no longer pink inside.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Season as above. Heat frying pan over high heat with a drizzle of olive oil. Cook chicken until cooked through, 3-5 minutes each side. Add the glaze.

4



Serve up

- Slice BBQ chicken.
- Divide creamy potato salad, pear slaw and chicken between plates. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate