



# BBQ-Glazed Chicken

with Potato Mash & Creamy Slaw

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Chicken Breast



All-American Spice Blend



Carrot



Baby Spinach Leaves



Super Slaw



Mayonnaise



BBQ Sauce



Chicken Breast

### Recipe Update

Unfortunately, this week's shredded cabbage was in short supply, so we've replaced it with slaw mix. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins  
Ready in: 25-35 mins

Eat Me Early

This recipe might sound like it's involved, but the components are brought together in four simple steps, with some help from a handful of shortcut ingredients - like our sweet and smoky BBQ sauce for the glaze on the juicy chicken, and our creamy mayo for the slaw. You're in for a treat!

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

### Pantry items

Olive Oil, Butter, Milk

## 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

Large saucepan · Large frying pan

## Ingredients

|                          | 2 People        | 4 People                             |
|--------------------------|-----------------|--------------------------------------|
| <b>olive oil*</b>        | refer to method | refer to method                      |
| potato                   | 2               | 4                                    |
| <b>butter*</b>           | 40g             | 80g                                  |
| <b>milk*</b>             | 2 tbs           | ¼ cup                                |
| chicken breast           | 1 small packet  | 2 small packets<br>OR 1 large packet |
| All-American spice blend | 1 sachet        | 1 sachet                             |
| carrot                   | 1               | 2                                    |
| baby spinach leaves      | 1 small bag     | 1 medium bag                         |
| super slaw               | 1 bag (150g)    | 1 bag (300g)                         |
| mayonnaise               | 1 medium packet | 1 large packet                       |
| BBQ sauce                | 1 packet (40g)  | 1 packet (80g)                       |
| chicken breast**         | 1 small packet  | 2 small packets<br>OR 1 large packet |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2826kJ (675Cal) | 465kJ (111Cal) |
| Protein (g)      | 41.7g           | 6.9g           |
| Fat, total (g)   | 33.2g           | 5.5g           |
| - saturated (g)  | 14.3g           | 2.4g           |
| Carbohydrate (g) | 53g             | 8.7g           |
| - sugars (g)     | 26.4g           | 4.3g           |
| Sodium (mg)      | 1234mg          | 203mg          |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3576kJ (854Cal) | 466kJ (111Cal) |
| Protein (g)      | 73.5g           | 9.6g           |
| Fat, total (g)   | 38.5g           | 5g             |
| - saturated (g)  | 16g             | 2.1g           |
| Carbohydrate (g) | 52.2g           | 6.8g           |
| - sugars (g)     | 26.4g           | 3.4g           |
| Sodium (mg)      | 1299mg          | 169mg          |

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](https://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 | CW38



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## Mash the potato

- Boil the kettle. Half-fill a large saucepan with boiling water.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to the **potato** and season generously with **salt**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled.

**Little cooks:** Get those muscles working and help mash the potatoes!

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## Make the slaw

- While the chicken is cooking, grate **carrot**. Roughly chop **baby spinach leaves**.
- In a large bowl, add **carrot**, **baby spinach**, **super slaw**, **mayonnaise** and a drizzle of **olive oil**. Toss to combine. Season to taste.
- In a small bowl, combine **BBQ sauce** and a splash of **water**.

2



## Cook the chicken

- While the potato is cooking, place your hand flat on top of **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **All-American spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken** and turn to coat.
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

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

**Custom Recipe:** If you've doubled your chicken breast, prep in a large bowl and cook in batches for the best results.

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## Serve up

- Slice the chicken.
- Divide chicken, potato mash and slaw between plates.
- Drizzle BBQ glaze over chicken to serve. Enjoy!

**Little cooks:** Add the finishing touch by drizzling over the BBQ glaze!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)