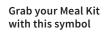


Dracula's BBQ-Glazed Chicken with Creamy Potato Mash & Shivery Slaw

HALLOWEEN

KID FRIENDLY

BESTSELLER











Potato





Chicken Breast



Carrot

All-American Spice

Strips



Baby Spinach





Mayonnaise







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

Eat Me Early

Dim the lights down low and prepare yourself for a frightfully delicious BBQ glazed chicken. The creamy slaw will send shivers down your spine and if you happen to feel something soft and fluffy, don't worry it's just the ghostly potato mash. Everything is set, now it's time to sink our teeth into this delight!

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

 $Large\ saucepan\cdot Large\ frying\ pan$

Ingredients

| | 2 People | 4 People |
|--------------------------|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| butter* | 40 | 80g |
| milk* | 2 tbs | 1/4 cup |
| All-American spice blend | 1 sachet | 1 sachet |
| chicken breast strips | 1 small packet | 2 small packets OR 1 large packet |
| carrot | 1 | 2 |
| baby spinach leaves | 1 small bag | 1 medium bag |
| shredded cabbage mix | 1 bag (150g) | 1 bag (300g) |
| mayonnaise | 1 medium packet | 1 large packet |
| BBQ sauce | 1 medium packet | 1 large packet |
| beef rump** | 1 small packet | 2 small packets OR 1 large packet |

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2828kJ (676Cal) | 466kJ (111Cal) |
| Protein (g) | 41g | 6.7g |
| Fat, total (g) | 33.3g | 5.5g |
| - saturated (g) | 14.4g | 2.4g |
| Carbohydrate (g) | 52.2g | 8.6g |
| - sugars (g) | 26.4g | 4.3g |
| Sodium (mg) | 1217mg | 200mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2895kJ (692Cal) | 485kJ (116Cal) |
| Protein (g) | 40.5g | 6.8g |
| Fat, total (g) | 35.5g | 5.9g |
| - saturated (g) | 16.8g | 2.8g |
| Carbohydrate (g) | 52.2g | 8.7g |
| - sugars (g) | 26.4g | 4.4g |
| Sodium (mg) | 1208mg | 202mg |

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.



Scan here if you have any questions or concerns

2023 | CW44





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!



Make the slaw

- While the chicken is cooking, grate carrot. Roughly chop baby spinach leaves.
- In a large bowl, add carrot, baby spinach, shredded cabbage mix, 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**.



Cook the chicken

- While the potato is cooking, combine All-American spice blend, a drizzle of olive oil and a pinch of salt in a medium bowl. Add chicken breast strips and turn to coat.
- Heat a large frying pan over medium-high heat with a drizzle of olive oil.
 Cook chicken strips until browned and cooked through, 3-4 minutes each side (cook in batches if your pan is getting crowded).

Custom Recipe: If you've upgraded to beef rump, place beef between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Flavour beef as above. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 5-6 minutes, or until cooked to your liking. Transfer to a plate to rest.



Serve up

- · 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!

Custom Recipe: Slice beef rump to serve.

Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate