



# Dracula's BBQ-Glazed Chicken

with Creamy Potato Mash & Shivery Slaw

HALLOWEEN

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Potato



All-American Spice Blend



Chicken Breast Strips



Carrot



Baby Spinach Leaves



Shredded Cabbage Mix



Mayonnaise



BBQ Sauce



Beef Rump

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!

**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>           | 40              | 80g                                  |
| <b>milk*</b>             | 2 tbs           | ¼ cup                                |
| All-American spice blend | 1 sachet        | 1 sachet                             |
| chicken breast strips    | 1 small packet  | 2 small packets<br>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<br>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](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 | CW44



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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!

3



## 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**.

2



## 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.

4



## 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.

## Rate your recipe

Did we make your tastebuds happy?

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