

Cheesy BBQ Chicken & Roast Veggies

with Creamy Rainbow Slaw

Grab your Meal Kit with this symbol



Carrot



White Turnip



Beetroot



Chicken Breast



Aussie Spice Blend



BBQ Sauce



Shredded Cheddar Cheese



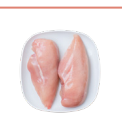
Baby Spinach Leaves



Shredded Cabbage Mix





Mayonnaise



Chicken Breast

Prep in: **20-30 mins**
Ready in: **30-40 mins**

 **Carb Smart***
**Custom Recipe is not Carb Smart*

 Eat Me Early

Slather mildly spiced chicken breasts in sweet and savoury BBQ sauce, top with shredded Cheddar that gets lovely and gooey in the pan, and 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, White Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
white turnip	1	2
beetroot	1	2
chicken breast	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 sachet	1 sachet
BBQ sauce	1 medium packet	1 large packet
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
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
white wine vinegar*	drizzle	drizzle
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2109kJ (504Cal)	397kJ (95Cal)
Protein (g)	43.4g	8.2g
Fat, total (g)	23.8g	4.5g
- saturated (g)	7.9g	1.5g
Carbohydrate (g)	27.4g	5.2g
- sugars (g)	21.3g	4g
Sodium (mg)	1207mg	227mg
Dietary Fibre (g)	9.3g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2854kJ (682Cal)	413kJ (99Cal)
Protein (g)	76.5g	11.1g
Fat, total (g)	29g	4.2g
- saturated (g)	9.4g	1.4g
Carbohydrate (g)	28.2g	4.1g
- sugars (g)	21.4g	3.1g
Sodium (mg)	1306mg	189mg

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



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Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **white turnip** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Add the sauce

- In the last **2 minutes** of cook time, reduce the heat to medium, then add **BBQ sauce**. Turn **chicken** to coat.
- Top with **shredded Cheddar cheese** and cover with a lid (or foil) until melted, **1-2 minutes**.

Custom Recipe: Return all chicken to the pan before adding the BBQ sauce and continue as above.



Get prepped

- Meanwhile, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **chicken** and turn to coat.



Make the creamy slaw

- Meanwhile, roughly chop **baby spinach leaves**.
- In a second medium bowl, combine **shredded cabbage mix**, **baby spinach**, **mayonnaise** and a drizzle of **white wine vinegar**. Season to taste.

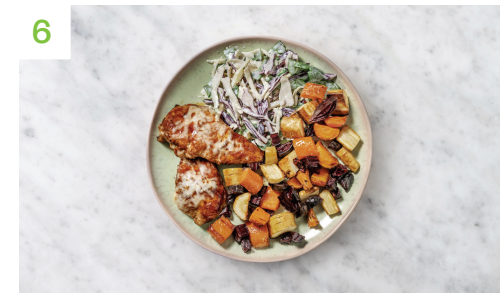


Cook the chicken

- 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 chicken is cooked through when it's no longer pink inside.

Custom Recipe: If you've doubled your chicken breast, cook in batches for the best results.



Serve up

- Divide cheesy BBQ chicken between plates.
- Serve with roast veggies and creamy rainbow slaw. Enjoy!

Rate your recipe

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