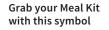
Quick BBQ-Glazed Chicken with Potato Mash & Creamy Slaw

KID FRIENDLY











All-American



Spice Blend



Carrot







Baby Spinach Leaves





Mayonnaise





Prep in: 20-30 mins Ready in: 25-35 mins creamy mayo for the slaw. You're in for a treat!

Eat Me Early

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*	40g	80g
milk*	2 tbs	1/4 cup
chicken breast	1 small packet	2 small packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
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
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)	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)	3571kJ (853Cal)	465kJ (111Cal)
Protein (g)	74.8g	9.7g
Fat, total (g)	38.4g	5g
- saturated (g)	15.9g	2.1g
Carbohydrate (g)	53.8g	7g
- sugars (g)	26.5g	3.5g
Sodium (mg)	1333mg	174mg

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.



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, cut **chicken breast** into 2cm strips.
- In a medium bowl, combine All-American spice blend, a drizzle of olive oil
 and a pinch of salt. Add chicken 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 doubled your chicken breast, prep in a large bowl and cook in batches for the best results.



Serve up

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

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

