



Quick Smokey BBQ-Glazed Chicken

with Creamy Potato Mash & Slaw

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Chicken Breast



All-American Spice Blend



Carrot



Salad Leaves



Slaw mix



Mayonnaise



BBQ Sauce

Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just 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 smokey BBQ sauce glazing juicy chicken, and our creamy mayo mixed through the slaw. You're in for a treat!

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
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ 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
salad leaves	1 small bag	1 medium bag
slaw mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 medium packet	1 large packet
BBQ sauce	1 medium packet	1 large packet

*Pantry Items

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

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 **salad leaves**.
- In a large bowl, add **carrot**, **salad leaves**, **slaw 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).



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!

We're here to help!

Scan here if you have any questions or concerns



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