



# Quick BBQ Chicken & Creamy Potato Salad

with Kale & Celery Slaw

Grab your Meal Kit with this symbol



Potato



Dill & Parsley Mayonnaise



Louisiana Spice Blend



Chicken Thigh



BBQ Sauce



Celery



Shredded Cabbage Mix



Baby Kale



Baby Spinach Leaves

Prep in: 15-25 mins  
Ready in: 25-35 mins



Calorie Smart

Eat Me Early

Slather succulent seared chicken thigh in BBQ sauce for a sticky glaze that's kind of sweet, kind of savoury and definitely delish! Team it with a creamy potato salad and a refreshing kale slaw for a fast and flavour-packed dinner.

### 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
dill & parsley mayonnaise	1 medium packet	1 large packet
Louisiana spice blend	1 sachet	2 sachets
chicken thigh	1 small packet	2 small packets OR 1 large packet
BBQ sauce	1 medium packet	1 large packet
celery	1 stalk	2 stalks
shredded cabbage mix	1 bag (150g)	1 bag (300g)
baby kale	½ bag	1 bag
baby spinach leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2267kJ (542Cal)	413kJ (99Cal)
Protein (g)	36.3g	6.6g
Fat, total (g)	26.6g	4.8g
- saturated (g)	5.3g	1g
Carbohydrate (g)	47.2g	8.6g
- sugars (g)	28g	5.1g
Sodium (mg)	1350mg	246mg

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.

1



## Cook the potato

- Boil the kettle. Cut **potato** into bite-sized chunks.
- Half-fill a medium saucepan with the boiling water, season with **salt** and bring to the boil.
- Cook **potato** in boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return **potato** to the pan. Allow to cool slightly, then add **dill & parsley mayonnaise**. Toss to combine. Season to taste.

**Little cooks:** Help stir the mayo through the potato! Careful, it's hot!

3



## Make the slaw

- While the chicken is cooking, thinly slice **celery**.
- In a large bowl, combine **celery**, **shredded cabbage mix**, **baby kale** (see ingredients), **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

**Little cooks:** Take the lead by tossing the slaw!

2



## Cook the chicken

- SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Meanwhile, combine **Louisiana spice blend** and a drizzle of **olive oil** in a medium bowl. Add **chicken thigh** and toss to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, turning occasionally, until browned and cooked through, **14-16 minutes**.
- Remove pan from heat, then add **BBQ sauce** and turn **chicken** to coat.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

**TIP:** Chicken is cooked through when it's no longer pink inside.

4



## Serve up

- Divide creamy potato salad, kale and celery slaw and BBQ chicken between plates. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



2024 | CW05

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