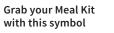
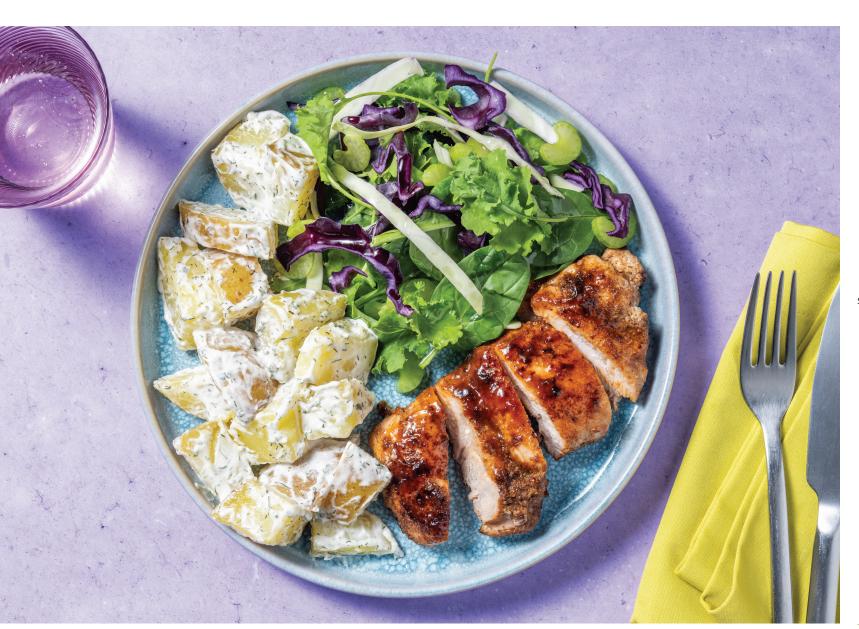


Quick BBQ Chicken & Creamy Potato Salad with Kale & Celery Slaw

with this symbol











Dill & Parsley Mayonnaise



Louisiana Spice



Chicken Thigh



BBQ Sauce





Shredded Cabbage



Baby Kale

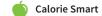


Baby Spinach Leaves

Pantry items

Olive Oil, White Wine Vinegar

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





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

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	2 People	4 People
olive oil*	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
white wine vinegar*	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



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!



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.



Serve up

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

