



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



Baby Spinach Leaves



Shredded Cabbage Mix



Mayonnaise



BBQ Sauce



Beef Rump

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 for the glaze on the juicy chicken, and our creamy mayo for the slaw. 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, 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*	40	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
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
beef rump**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2816kJ (673Cal)	464kJ (111Cal)
Protein (g)	41.6g	6.8g
Fat, total (g)	33.2g	5.5g
- saturated (g)	14.3g	2.4g
Carbohydrate (g)	53.4g	8.8g
- sugars (g)	31.4g	5.2g
Sodium (mg)	1235mg	203mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2885kJ (690Cal)	483kJ (115Cal)
Protein (g)	40.4g	6.8g
Fat, total (g)	35.4g	5.9g
- saturated (g)	16.8g	2.8g
Carbohydrate (g)	52.6g	8.8g
- sugars (g)	31.4g	5.3g
Sodium (mg)	1209mg	202mg

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

2024 | CW07



1



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** then 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!

3



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.

2



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 (when no longer pink inside), **3-4 minutes** each side (cook in batches if your pan is getting crowded).

Custom Recipe: If you've upgraded to beef rump, place beef between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Flavour beef as above. In a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook beef, turning, for 5-6 minutes, or until cooked to your liking. Transfer to a plate to rest.

4



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!

Custom Recipe: Slice beef rump to serve

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