



American BBQ Pulled Chicken & Loaded Fries

with Cheddar Cheese & Slaw

TAKEAWAY FAVES

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Onion



Pulled Chicken



All-American Spice Blend



BBQ Sauce



Slaw Mix



Mayonnaise



Shredded Cheddar Cheese



Coriander



Pulled Chicken

Prep in: 15-25 mins
Ready in: 30-40 mins

Eat Me Early

Get your loaded fries with pulled chicken in a BBQ sauce right here, right now! We've got Cheddar cheese to sprinkle on top and a side of slaw when you cook up these loaded fries tonight.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
onion	½	1
pulled chicken	1 medium packet	2 medium packets OR 1 large packet
All-American spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 medium packet	1 large packet
butter*	20g	40g
slaw mix	1 medium packet	1 large packet
mayonnaise	1 medium packet	1 large packet
shredded Cheddar cheese	1 medium packet	1 large packet
coriander	1 packet	1 packet
pulled chicken**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2958kJ (707Cal)	450kJ (108Cal)
Protein (g)	36.2g	5.5g
Fat, total (g)	31g	4.7g
- saturated (g)	12.6g	1.9g
Carbohydrate (g)	75.1g	11.4g
- sugars (g)	36.4g	5.5g
Sodium (mg)	1415mg	215mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3460kJ (827Cal)	457kJ (109Cal)
Protein (g)	58.2g	7.7g
Fat, total (g)	33.7g	4.4g
- saturated (g)	13.4g	1.8g
Carbohydrate (g)	76.8g	10.1g
- sugars (g)	36.4g	4.8g
Sodium (mg)	1587mg	210mg

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 | CW14



1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

3



Toss the slaw

- Meanwhile, combine **slaw mix** and **mayonnaise** in a large bowl. Season to taste.

2



Cook the pulled chicken

- When the fries have **10 minutes** remaining, thinly slice **onion** (see ingredients).
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until tender, **3-4 minutes**.
- Cook **pulled chicken** and **All-American spice blend**, breaking up with a spoon, until browned, **2-3 minutes**.
- Add **BBQ sauce**, the **butter** and a splash of **water**, stirring, until well combined, **1 minute**.

Custom Recipe: If you've doubled your pulled chicken, cook in batches for best results.

4



Serve up

- Divide potato fries between plates.
- Top with American BBQ pulled chicken and sprinkle over **shredded Cheddar cheese**.
- Serve with slaw and tear over **coriander**. Enjoy!

Rate your recipe

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