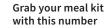


Cherry-Glazed Smokey Chicken with Cheesy Potato Mash & Supergreen Slaw

NEW

KID FRIENDLY

CLIMATE SUPERSTAR













White Turnip







All-American



Spice Blend



Shredded Cabbage

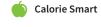




Baby Leaves

Prep in: 20-30 mins Ready in: 30-40 mins

Eat Me Early



Protein Rich

BBQ chicken with a cheesy potato side and a fresh, crunchy slaw? We say yes please! This chicken is extra special, coated in a sweet and smokey glaze that caramelises in the pan. You'll be asking for seconds before you even finish your plate!



Olive Oil, Butter, Milk, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
butter*	20g	40g	
milk*	2 tbs	1/4 cup	
shredded Cheddar cheese	1 medium packet	1 large packet	
white turnip	1	1	
chicken breast	1 medium packet	2 medium packets OR 1 large packet	
All-American spice blend	1 medium sachet	1 large sachet	
cherry sauce	1 medium packet OR ½ large packet	1 large packet	
water*	2 tbs	¼ cup	
white wine vinegar*	drizzle	drizzle	
shredded cabbage mix	1 medium packet	1 large packet	
baby leaves	1 small packet	1 medium packet	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2643kJ (632cal)	282kJ (68cal)
Protein (g)	51.4g	5.5g
Fat, total (g)	23.7g	2.5g
- saturated (g)	11.6g	1.2g
Carbohydrate (g)	53.2g	5.7g
- sugars (g)	33.8g	3.6g
Sodium (mg)	1028mg	109.8mg
Dietary Fibre (g)	6g	0.6g

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.



Make the Cheddar mash

- Bring a large saucepan of water to the boil.
- Peel potato, then cut into large chunks. Cook potato in boiling water over medium-high heat until easily pierced with a fork, 12-15 minutes.
- Drain, then return to the saucepan. Add the butter, milk, shredded
 Cheddar cheese and a pinch of salt, then mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!



Cook the chicken

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).
- Add cherry sauce mixture to the chicken and cook, turning occasionally, until well coated, 1 minute. Remove from heat.

TIP: Chicken is cooked through when it is no longer pink inside. **TIP:** Don't worry if your chicken gets a little charred during cooking – it adds to the flavour!



Get prepped

- While the potato is cooking, thinly slice white turnip. Place your hand flat
 on top of each chicken breast and slice through horizontally to make two
 thin steaks.
- In a medium bowl, combine All-American spice blend, a splash of water and a pinch of salt and pepper. Add chicken and turn to coat. Set aside.
- In a small bowl, combine **cherry sauce** (see ingredients), the **water** and a pinch of **salt** and **pepper**. Set aside.



Serve up

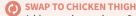
- In a medium bowl, combine a small drizzle of white wine vinegar and olive oil with a pinch of salt and pepper. Add turnip, shredded cabbage mix and baby leaves. Toss to coat.
- Divide cherry-glazed smokey chicken, cheesy mash and supergreen slaw between plates. Spoon over any remaining glaze from the pan to serve. Enjoy!

Little cooks: Take the lead by tossing the salad!









Add seasoning as above. Cook, turning occasionally, until browned and cooked through, 10-14 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

