



# Cherry-Glazed Smokey Chicken

with Cheesy Potato Mash & Supergreen Slaw

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your meal kit with this number

13



Potato



Shredded Cheddar Cheese



White Turnip



Chicken Breast



All-American Spice Blend



Cherry Sauce



Shredded Cabbage Mix



Baby Leaves



Chicken Breast



Chicken Thigh

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

Calorie Smart

Protein Rich

Eat Me Early

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 smoky glaze that caramelises in the pan. You'll be asking for seconds before you even finish your plate!

### Pantry items

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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	20g	40g
<b>milk*</b>	2 tbs	¼ 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
<b>water*</b>	2 tbs	¼ cup
<b>white wine vinegar*</b>	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](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



## 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!

3



## 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!

2



## 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.

4



## 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!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



## CUSTOM OPTIONS



### DOUBLE CHICKEN BREAST

Follow method above.



### SWAP TO CHICKEN THIGH

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.

