

AMERICAN-STYLE BBQ CHICKEN

with Wedges & Rainbow Slaw





Flavour chicken with BBQ sauce





Potato







Chives

Chicken Breas





All-American Spice Blend

BBQ Sauce

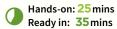




Sarlic Aioli

Slaw Mix

Pantry Staples: Olive Oil, White Wine Vinegar





Eat the rainbow with this tasty mix of all-American flavours. Tender chicken gets a lightly spiced and saucy coating, with potato wedges and a zesty charred corn slaw to round out the meal. It's a taste of an American BBQ right in your own home!

START

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• two oven trays lined with baking paper • large frying pan



Preheat the oven to 240°C/220°C fanforced. Cut the potato (unpeeled) into 1cm wedges. Spread the wedges over two oven trays lined with baking paper. Drizzle with olive oil, season with a pinch of salt and pepper and toss to coat. Bake until tender, 25-30 minutes. * TIP: Cut the potato to the correct size so it cooks in the allocated time.



2 GET PREPPEDSPICY! Add just 1 sachet of the spice blend if you or the kids are sensitive to heat!

While the wedges are baking, drain the sweetcorn. Finely chop the chives. Place your hand flat on top of a chicken breast and use a sharp knife to slice through horizontally to make two thin steaks. Repeat with the remaining chicken. In a medium bowl, combine 1 1/2 sachets All American spice blend, a drizzle of olive oil and the chicken. Toss to coat and set aside.



CHAR THE CORN

Heat a large frying pan over a high heat.

Add the corn kernels and cook until lightly browned, 4-5 minutes. *TIP: Cover the pan with a lid if the kernels are jumping out. Set aside in a large bowl.



4 COOK THE BBQ CHICKEN
When the wedges have 15 minutes cook time remaining, return the frying pan to a medium-high heat with a drizzle of olive oil.
When the oil is hot, add the spiced chicken and cook until golden and cooked through,
3-5 minutes each side. Reduce the heat to low and add the BBQ sauce. Heat until bubbling, then remove from the heat. *TIP: If your pan is getting crowded, cook in batches for the best results!



To the bowl with the corn, add the garlic aioli, white wine vinegar and a pinch of salt and pepper. Add the slaw mix and chives (reserve some for garnish). Just before serving, toss to coat. *TIP: Toss the slaw just before serving to keep the cabbage crisp.



SERVE UPDivide the BBQ chicken, wedges and rainbow slaw between plates. Garnish with any reserved chives.

ENJOY!

INGREDIENTS

	4-5P
olive oil*	refer to method
potato	6
sweetcorn	1 tin
chives	1 bunch
chicken breast	1 packet
All-American spice blend	1½ sachets
BBQ sauce	1 packet (100g)
garlic aioli	1 packet (50g)
white wine vinegar*	2 tsp
slaw mix	1 bag (200g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
energy (kJ)	2390kJ (572Cal)	439kJ (105Cal)
Protein (g)	46.6g	8.5g
at, total (g)	17.8g	3.3g
saturated (g)	3.8g	0.7g
Carbohydrate (g)	51.7g	9.5g
sugars (g)	16.8g	3.1g
Sodium (g)	833mg	153mg

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes**

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2019 | WK46

