

Cheesy BBQ Chicken

with Rainbow Slaw & Veggie Fries

Grab your Meal Kit with this symbol



Carrot



Parsnip



Beetroot



Chicken Breast



Aussie Spice Blend



BBQ Sauce



Shredded Cheddar Cheese



Baby Spinach Leaves




Shredded Cabbage Mix



Mayonnaise

 Hands-on: 20-30 mins
Ready in: 30-40 mins

 Eat Me Early

 Carb Smart

Eat the rainbow with this tasty mix of our favourite flavours. Tender chicken breast gets a lightly spiced and saucy coating, with carb-friendly veggie fries and a creamy slaw to round out the meal. It's the taste of nostalgic backyard BBQ that you've been longing for!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan with a lid (or foil)

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
beetroot	1	2
chicken breast	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
BBQ sauce	1 packet (40g)	1 packet (100g)
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mayonnaise	1 packet (40g)	1 packet (100g)
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2303kJ (550Cal)	439kJ (105Cal)
Protein (g)	40.7g	7.8g
Fat, total (g)	29.7g	5.7g
- saturated (g)	9.1g	1.7g
Carbohydrate (g)	30g	5.7g
- sugars (g)	20.7g	3.9g
Sodium (mg)	1100mg	210mg
Dietary Fibre (g)	7.9g	1.63g

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.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot, parsnip** and **beetroot** into fries. Spread the veggie **fries** over a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat. Bake until tender, **20-25 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Get prepped

While the fries are baking, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Add the **chicken** and turn to coat.



Cook the chicken

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

TIP: The chicken is cooked through when it's no longer pink inside.



Add the sauce

In the last **2 minutes** of chicken cook time, reduce the heat to medium, then add the **BBQ sauce**. Turn to coat the **chicken**. Top with the **shredded Cheddar cheese** and cover with a lid (or foil) until melted, **1-2 minutes**.



Make the creamy slaw

Roughly chop the **baby spinach leaves**. In a second medium bowl, combine the **shredded cabbage mix, baby spinach, mayonnaise** and a drizzle of **white wine vinegar**. Season to taste.



Serve up

Divide the cheesy BBQ chicken between plates. Serve with the veggie fries and rainbow slaw.

Enjoy!