

Chargrilled Peri Peri Chicken Feast

with Flatbreads, Roast Capsicum Salad & Parmesan Corn Cobs

AL FRESCO

Grab your Meal Kit with this symbol



Nan's Special Seasoning



Peri Peri Sauce



Capsicum



Cucumber



Avocado



Corn



Flatbreads



Mixed Salad Leaves



Smoky Aioli



Parsley



Half Chicken



Grated Parmesan Cheese

Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins
Ready in: 45-55 mins

Eat Me Early

Embrace the balmy summer days and nights while you dine outdoors with our delicious Al Fresco recipes. These satisfying share-style meals are packed with fresh and seasonal ingredients, perfect for entertaining. This smoky and sticky delight uses a punchy peri peri sauce to coat chicken for abundant flavours you can only dream of.

Pantry items

Olive Oil, Honey, Vinegar (Balsamic or Red Wine Vinegar)

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

BBQ · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
half chicken	1 packet	2 packets
Nan's special seasoning	1 sachet	1 sachet
peri peri sauce	1 large packet	2 large packets
honey*	½ tbs	1 tbs
capsicum	1	2
cucumber	1 (medium)	1 (large)
avocado	1	2
corn	1	2
flatbreads	2	4
mixed salad leaves	1 medium bag	1 large bag
vinegar* (balsamic or red wine vinegar)	drizzle	drizzle
smokey aioli	1 medium packet	1 large packet
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4885kJ (1167Cal)	466kJ (111Cal)
Protein (g)	75.2g	7.2g
Fat, total (g)	59.6g	5.7g
- saturated (g)	18.5g	1.8g
Carbohydrate (g)	72.8g	6.9g
- sugars (g)	21.2g	2g
Sodium (mg)	2157mg	206mg

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

2023 | CW09



1



Cook the chicken

- Preheat BBQ to high heat. Preheat oven to **240°C/220°C fan-forced**.
- Season **half chicken** with **Nan's special seasoning** and a drizzle of **olive oil**.
- When BBQ is hot, grill **chicken**, skin-side down first, with lid down (or covered in foil), until charred and cooked through, **10-15 minutes** each side.
- Transfer to a plate. Top with **peri peri sauce** and the **honey**, then cover to keep warm and set aside to rest for **5-10 minutes**.

No BBQ? Season chicken with salt and pepper. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken, skin-side down first, until browned, 4-5 minutes each side. Meanwhile, in a bowl, combine Nan's seasoning with a drizzle of olive oil. Transfer chicken to a lined oven tray and brush with spice mixture. Roast chicken until cooked through, 25-30 minutes. Transfer to a plate. Continue with step.

4



Bake the flatbreads

- Meanwhile, drizzle **flatbreads** with **olive oil** and season with **salt** and **pepper**.
- When the veggies have **5 minutes** remaining, bake **flatbreads** directly on a wire oven rack until heated through, **4-5 minutes**.

2



Get prepped

- Meanwhile, thinly slice **capsicum** and **cucumber**.
- Slice **avocado** in half, scoop out flesh and roughly chop.
- Halve the **corn**.

5



Bring it all together

- Transfer **capsicum** to a large bowl, then add **avocado**, **cucumber**, **mixed salad leaves**, and a drizzle of **vinegar** and **olive oil**. Season and gently toss to combine.
- Drizzle **corn cob** with **smokey aioli** and sprinkle over **grated Parmesan cheese**.

3



Roast the veggies

- Place **corn** and **capsicum** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and toss to coat.
- Roast until tender and slightly charred, **20-25 minutes**.

6



Serve up

- Halve chargrilled peri peri chicken, then bring everything to the table to serve.
- Help yourself to grilled chicken, roast capsicum salad, Parmesan corn cob and flatbreads.
- Tear **parsley** over to serve. Enjoy!

Rate your recipe

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