



# AMERICAN-STYLE BBQ CHICKEN

with Wedges & Rainbow Slaw



Flavour chicken with BBQ sauce



Potato



Sweetcorn



Chives



Chicken Breast



All-American Spice Blend



BBQ Sauce



Garlic Aioli



Slaw Mix

Hands-on: **25 mins**  
Ready in: **35 mins**

Eat me early

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!

**Pantry Staples:** Olive Oil, White Wine Vinegar



## BEFORE YOU 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**



### 1 BAKE THE WEDGES

Preheat the oven to **240°C/220°C fan-forced**. 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.*



### 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!*



### 2 GET PREPPED

**SPICY!** 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.



### 5 MAKE THE SLAW

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.*



### 3 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.*



### 6 SERVE UP

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

## ENJOY!

## 4-5 PEOPLE 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
Fat, 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](https://www.hellofresh.co.nz/recipes)

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[Hello@HelloFresh.co.nz](mailto:Hello@HelloFresh.co.nz)

2019 | WK46

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