



AUG
2016

Barbecue Chicken

with Rainbow Pasta Salad

Almost all the colors of the rainbow make an appearance in this pasta salad standout. We're talking red peppers, orange carrots, green scallions, and even purple cabbage. It's light yet balanced and perfect for outdoor entertaining.



Prep: 10 min
Total: 30 min



level 1



nut free



dairy free



Chicken Thighs



Gemelli



Red Bell Pepper



Cole Slaw Mix



Scallions



Shallots



BBQ Sauce



BBQ Spice Blend



Red Wine Vinegar



Mayonnaise

Ingredients

Chicken Thighs		24 oz
Gemelli	1)	12 oz
Red Bell Peppers		2
Cole Slaw Mix		10 oz
Scallions		4
Shallots		2
BBQ Sauce		4 oz
BBQ Spice Blend		2 t
Red Wine Vinegar		4 T
Mayonnaise	2) 3)	4 T
Oil*		2 t

4 People

*Not Included

Allergens

- 1) Wheat
- 2) Eggs
- 3) Soy

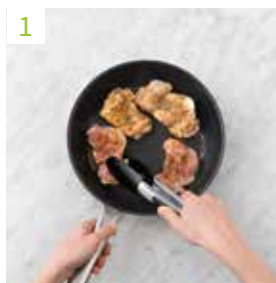
Tools

Large pot, Large pan, Baking sheet, Strainer, Small bowl, Large bowl

Ruler

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Nutrition per person Calories: 757 cal | Fat: 23 g | Sat. Fat: 3 g | Protein: 48 g | Carbs: 92 g | Sugar: 18 g | Sodium: 468 mg | Fiber: 7 g



1

1 Cook the chicken: Preheat the oven to 400 degrees or grill to high. Bring a large pot of **salted water** to a boil. Season the **chicken thighs** on all sides with the **BBQ spice blend**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Sear the chicken thighs 2-3 minutes per side, until browned. Transfer the chicken to a baking sheet. Place in the oven for about 15 minutes, until cooked through.



3

2 Cook the pasta: Add the **gemelli** to the boiling water. Cook 9-11 minutes, until al dente. Drain and let cool.

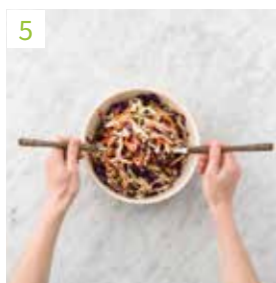
3 Prep the remaining ingredients: **Wash and dry all produce.** While the **pasta** cooks, halve, peel, and thinly slice the **shallots**. Place in a small bowl with the **red wine vinegar**. Core, seed, and dice the **bell peppers**. Thinly slice the **scallions**.



4

4 Glaze the chicken: With 5 minutes left to go on the **chicken thighs**, spoon **half the BBQ sauce** over the chicken. Return to the oven for 5 minutes, until cooked through.

5 Dress the pasta salad: In a large bowl, combine the cooled **pasta**, **bell pepper**, **cole slaw mix**, **scallions**, **4 Tablespoons mayonnaise**, and the remaining **BBQ sauce**. Toss in as much pickled **shallot** and **vinegar** as you like. Season with **salt** and **pepper**.



5

6 Finish: Thinly slice the **barbecue chicken**. Serve the **rainbow pasta salad** alongside and enjoy!

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