



# BBQ Chicken Loaded Fries

with Avocado and Coriander Chilli Salsa

Street Food 40 Minutes • Little Heat • 1.5 of your 5 a day

27



Potato



Chicken Breast



Smoked Paprika



Ketchup



Soy Sauce



Worcester Sauce



Sweet Chilli Sauce



Bell Pepper



Coriander



Spring Onion



Lime



Green Chilli



Avocado



Cheddar Cheese



Soured Cream



## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Two Baking Trays, Saucepan and Coarse Grater.

## Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Chicken Breast**	2	3	4
Smoked Paprika	1 small pot	1 large pot	2 small pots
Ketchup <b>10)</b>	1 sachet	1½ sachets	2 sachets
Soy Sauce <b>11) 13)</b>	1 sachet	1½ sachets	2 sachets
Worcester Sauce <b>13)</b>	½ sachet	¾ sachet	1 sachet
Sweet Chilli Sauce	1 sachet	1½ sachets	2 sachets
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Bell Pepper***	1	1½	2
Coriander**	1 bunch	1 bunch	1 bunch
Spring Onion**	1	2	2
Lime**	1	1	2
Green Chilli**	½	¾	1
Avocado**	1	1½	2
Cheddar Cheese <b>7)**</b>	30g	45g	60g
Soured Cream <b>7)**</b>	75g	100g	150g

\*Not Included \*\*Store in the Fridge

\*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	714g	100g
Energy (kJ/kcal)	3113 /744	436 /104
Fat (g)	32	4
Sat. Fat (g)	12	2
Carbohydrate (g)	67	9
Sugars (g)	20	3
Protein (g)	53	7
Salt (g)	2.07	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7)** Milk **10)** Celery **11)** Soya **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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## Fries!

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



## Make the Salsa

Meanwhile, halve the **pepper**, discard the core and seeds. Chop into 1cm pieces. Roughly chop the **coriander** (stalks and all). Trim, then thinly slice the **spring onion**. Zest the **lime**, cut into wedges. Halve the **chilli** lengthways, deseed and finely chop. Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the insides onto a board. Chop into 1cm pieces. Grate the **cheese**.



## Bake the Chicken

Pop the **chicken breasts** onto another baking tray. Drizzle with **oil** and season with **half** the **smoked paprika**, **salt** and **pepper**. Rub the flavours all over the **chicken** to coat. **IMPORTANT:** Wash your hands after handling raw meat. Bake the **chicken** on the middle shelf of the oven until cooked, about 20-25 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Assemble

Pop the chopped **peppers**, **chilli**, **lime zest**, **spring onion**, **avocado** and **half** the **coriander** into a bowl. Add a squeeze of **lime juice**, a drizzle of **oil** and season with **salt** and **pepper**. Stir together well and set aside. Once cooked, shred the **chicken breast** into long pieces using 2 forks then stir into the homemade **BBQ sauce**. Coat well. When the **wedges** are ready, transfer to an ovenproof dish. Switch your oven to grill and set it to high.



## Make the BBQ Sauce

In the meantime, pop the **ketchup**, **soy sauce**, **Worcester sauce**, **sweet chilli sauce**, remaining **smoked paprika** and **sugar** (see ingredients for amount) into a large saucepan. Heat gently until the **sugar** has melted, stirring occasionally, then increase the heat to medium and bubble until thickened slightly, 1-2 mins. Season with a good grind of **black pepper** then remove from the heat and set to one side.



## Dinner Time!

Spoon the **pulled BBQ chicken** on top of the **wedges**. Sprinkle the **Cheddar cheese** all over the top then pop under the grill. Grill until the **cheese** is golden and bubbly, 2-3 mins. Once the **cheese** has melted, remove the **loaded wedges** from the grill and sprinkle over the **chilli pepper salsa** and the remaining **coriander**. Add a dollop of **soured cream** on top and serve with any spare **lime wedges** on the side.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.