



# BBQ Glazed Chicken with Wedges and Garlicky Tenderstem®

Calorie Smart 30-35 Minutes • 1 of your 5 a day • Under 650 Calories

26



Potatoes



Chicken Breast



Tenderstem® Broccoli



Echalion Shallot



Garlic Clove



BBQ Sauce

### Recipe Update

Due to quality issues with **green beans**, you'll instead receive **green Tenderstem® broccoli**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, frying pan, garlic press, bowl, aluminum foil and lid.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chicken Breast**	2	3	4
Tenderstem® Broccoli**	150g	200g	300g
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
BBQ Sauce	64g	96g	128g

Pantry	2P	3P	4P
Water for the Sauce*	25ml	35ml	50ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	527g	100g
Energy (kJ/kcal)	1838 /439	349 /83
Fat (g)	3.9	0.7
Sat. Fat (g)	1.1	0.2
Carbohydrate (g)	58.4	11.1
Sugars (g)	11.8	2.2
Protein (g)	47.4	9.0
Salt (g)	0.95	0.18

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Contact

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## Cook the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Mix your BBQ Sauce

Meanwhile, pop the **BBQ sauce** and **water for the sauce** (see pantry for amount) into a small bowl and stir together.



## Fry the Chicken

Heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**.

Once hot, lay the **chicken** into the pan and cook until browned, 3-5 mins each side. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

While the **chicken** cooks, halve any thick **broccoli stems** lengthways. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).



## Stir-Fry the Broccoli

Pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil**.

Once hot, add the **broccoli** and **shallot**. Stir-fry until the **Tenderstem®** start to char and the **shallot** has softened, 2-3 mins.

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **broccoli** is tender, 4-6 mins. Transfer to your plates and drain any excess **water**.



## Ready to Roast

Once browned, pop the **chicken** onto a baking tray and roast on the middle shelf of your oven until cooked through, 15-20 mins - set your pan aside for later.

When cooked, remove from your oven, cover with foil and allow to rest for a couple of mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Finish and Serve

Pour the **BBQ sauce** into the (now empty) pan, stir well, then bring back to a bubble and allow to reduce slightly.

Once thickened, add the **cooked chicken** to the pan and spoon the **sauce** all over to coat it, then transfer to your plates.

Serve with the **broccoli** and **wedges** alongside, spooning any remaining **sauce** from the pan.

Enjoy!

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