



BBQ Glazed Chicken with Wedges and Garlicky Beans

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

24



Potatoes



Chicken Breast



Central American
Style Spice Mix



Green Beans



Echalion Shallot



Garlic Clove



BBQ Sauce

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, aluminium foil, bowl and lid.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chicken Breast**	2	3	4
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Green Beans**	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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	1862 /445	355 /85
Fat (g)	4.9	0.9
Sat. Fat (g)	1.2	0.2
Carbohydrate (g)	57.6	11
Sugars (g)	10.6	2.0
Protein (g)	46.7	8.9
Salt (g)	1.38	0.26

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

Point™ 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.

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** and sprinkle over the **Central American style spice mix**. Rub all over to coat well.

Once hot, lay the **chicken** into the pan and cook until browned, 5 mins each side.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

While the **chicken** cooks, trim the **green beans**. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).



Stir-Fry the Beans

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

Once hot, add the **green beans** and **shallot**. Stir-fry until the **beans** 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 **beans** are tender and **water** has evaporated, 4-6 mins. Transfer to your plates.



Ready to Roast

Once browned, pop the **chicken** onto a baking tray and roast on the middle shelf of your oven until cooked through, 10-12 mins.

Wipe out your pan and set aside for later.

When cooked, remove the **chicken** 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 the **BBQ glazed chicken** with the **beans** and **wedges** alongside. Spoon any remaining **sauce** from the pan over the **chicken** to finish.

Enjoy!



Weight Watchers