



# GOLDEN BARBECUE CHICKEN THIGHS

with Stovetop Mac 'n' Cheese and Green Beans



## HELLO

### GOLDEN BARBECUE

Carolina-style 'cue brings the magic with zesty mustard and spices mixed into the sauce.

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 980**

- |                                                                                                      |                                                                                                         |                                                                                                         |                                                                                                         |                                                                                                                                            |                                                                                                                                            |
|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <br>Ketchup       | <br>Yellow Mustard | <br>Paprika        | <br>Shallot        | <br>Gemelli Pasta<br><small>(Contains: Wheat)</small> | <br>Cream Cheese<br><small>(Contains: Milk)</small>   |
| <br>Garlic Powder | <br>Honey          | <br>Cayenne Pepper | <br>Chicken Thighs | <br>Green Beans                                       | <br>Cheddar Cheese<br><small>(Contains: Milk)</small> |

## START STRONG

We've sent more gemelli than needed—the meal is plenty filling without the extra. Feel free to add what's left over to pasta salad or a brothy soup.

## BUST OUT

- Large pot
- Slotted spoon
- Small bowl
- Strainer
- Large pan
- Sugar (½ tsp | 1 tsp)
- Olive oil (2 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Ketchup 2 TBSP | 6 TBSP
- Yellow Mustard 1½ TBSP | 3 TBSP
- Garlic Powder ½ tsp | 1 tsp
- Honey ½ oz | 1 oz
- Paprika ½ tsp | 1 tsp
- Cayenne Pepper 1 tsp | 1 tsp
- Shallot 1 | 1
- Chicken Thighs 12 oz | 24 oz
- Gemelli Pasta 1 Cup | 2 Cups
- Green Beans 6 oz | 12 oz
- Cream Cheese 2 TBSP | 4 TBSP
- Cheddar Cheese ½ Cup | 1 Cup

## HELLO WINE



### PAIR WITH

Querencia Mendoza Malbec-Bonarda Blend, 2017

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



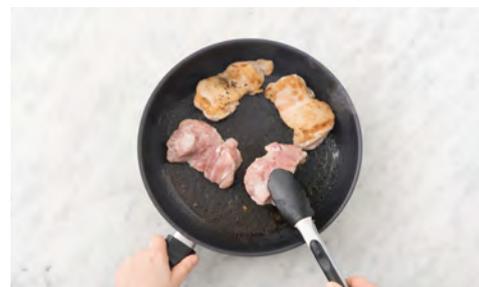
## 1 MAKE SAUCE

**Wash and dry all produce.** Bring a large pot of **salted water** to a boil. In a small bowl, whisk together **ketchup**, **1½ TBSP mustard**, **1 TBSP water**, **½ tsp garlic powder**, **honey**, **½ tsp paprika**, **½ tsp sugar**, and a pinch of **cayenne** (we sent more mustard, garlic, paprika, and cayenne than needed). Set aside.



## 4 COAT CHICKEN

Once **chicken** is cooked through, reduce heat under pan to medium and add **sauce**. Toss chicken to coat. Let cook until sauce has thickened to a sticky consistency, 2-3 minutes. Remove from heat.



## 2 PREP AND COOK CHICKEN

Halve, peel, and mince half the **shallot** (use other half as you like). Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season **chicken** all over with **salt** and **pepper**, then add to pan. Cook until no longer pink in center, 4-6 minutes per side. Remove from pan and set aside.



## 5 MAKE MAC 'N' CHEESE

Melt **½ TBSP butter** in pot used for gemelli over medium-low heat. Add **shallot** and cook, tossing, until softened, about 2 minutes. Remove pot from heat. Add **gemelli**, **2 TBSP water**, **cream cheese**, **cheddar**, and another **½ TBSP butter**. Stir until creamy. Season with **salt** and **pepper**. **TIP:** If mixture is stiff, add another 1-2 TBSP water.



## 3 COOK PASTA AND BEANS

While chicken cooks, add **1 cup gemelli** (we sent more) to pot of boiling water. Cook, stirring occasionally, until almost tender, about 10 minutes, then add **green beans** to same pot. Continue cooking until both are tender, 3-4 minutes longer. Remove green beans with a slotted spoon or tongs and set aside. Drain gemelli.



## 6 FINISH AND SERVE

Sprinkle **green beans** with a drizzle of **olive oil**. Season with **salt** and **pepper**. Divide **chicken**, **mac 'n' cheese**, and green beans between plates. Drizzle any **sauce** in pan over chicken. **TIP:** If sauce is stiff, stir a splash or two of water into it first to loosen it up.

## ALL-STAR!

Is it just us, or does mac 'n' cheese go with everything?

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