



Speedy BBQ Chicken with Wedges and Garlicky Beans

Classic Eat Me Early • 35-40 Minutes • 1 of your 5 a day

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Potatoes



Chicken Breast



Green Beans



Red Onion



Garlic Clove



BBQ Sauce



Chorizo

Pantry Items

Honey

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veggies 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

	2P	3P	4P
Potatoes**	450g	700g	900g
Chicken Breast**	2	3	4
Green Beans**	150g	200g	300g
Red Onion**	1	1	2
Garlic Clove**	1	2	2
BBQ Sauce	64g	64g	128g
Honey*	1 tbsp	2 tbsp	2 tbsp
Water for the Sauce*	50ml	50ml	100ml
Chorizo**	60g	90g	120g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	556g	100g
Energy (kJ/kcal)	1971 /471	355 /85
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	66	12
Sugars (g)	17	3
Protein (g)	45	8
Salt (g)	0.62	0.11
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	586g	100g
Energy (kJ/kcal)	2450 /585	418 /100
Fat (g)	13	2
Sat. Fat (g)	4	1
Carbohydrate (g)	66	11
Sugars (g)	17	3
Protein (g)	53	9
Salt (g)	2.08	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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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60 Worship St, London EC2A 2EZ

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Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** 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.



Make the Sauce

Meanwhile, pop the **BBQ sauce**, **honey** and **water for the sauce** (see ingredients for both amounts) into a small bowl and stir together. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



Fry the Chicken

Heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. Once hot, lay the **chicken** into the pan and cook until browned, 3-5 mins each side. While the **chicken** cooks, trim the **green beans**. Halve, peel and thinly slice the **red onion**. 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 **onion**. Stir-fry until the **beans** start to char and the **onion** has softened, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-6 mins. Transfer to your plates and drain any excess **water**.

CUSTOM RECIPE

If you've chosen to add **chorizo** to your meal, add it to the pan before the **beans**. Fry until it starts to brown, 1-2 mins. Then add the **beans** and **onion** and continue as instructed.



Get 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. Add the **chicken** to the pan and spoon the **sauce** all over. Serve the **BBQ chicken** on your plates with the **beans** and **wedges** alongside. Spoon any remaining **sauce** from the pan over the **chicken**.

Enjoy!