



American-style BBQ Chicken

with Wedges, Rainbow Slaw & Corn Cobs

Grab your Meal Kit with this symbol



Potato



Corn



Lemon



Spring Onion



Chicken Breast



All-American Spice Blend



BBQ Sauce



Garlic Aioli



Slaw Mix



Hands-on: **25 mins**
Ready in: **35 mins**



Naturally gluten-free
Not suitable for Coeliacs



Eat me early

Eat the rainbow with this tasty mix of all-American flavours. Tender chicken gets a lightly spiced and saucy coating, while potato wedges, corn cobs and a zesty slaw round out the meal. It's a taste of an American BBQ right in your own home!

Pantry items

Olive Oil

Before you start

Our fruit and veggies need a little wash first!

You will need

Two oven trays lined with baking paper ·
Large saucepan · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
potato	4
corn	2 cobs
lemon	1
spring onion	1 bunch
chicken breast	1 large packet
All-American spice blend	1½ sachets
BBQ sauce	1 tub (100g)
garlic aioli	1 packet (50g)
slaw mix	1 bag (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2380kJ (569Cal)	454kJ (108Cal)
Protein (g)	45.6g	8.7g
Fat, total (g)	19.4g	3.7g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	49.0g	9.3g
- sugars (g)	16.3g	3.1g
Sodium (g)	766mg	146mg

Allergens

For allergens and ingredient information, visit
[HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



1. Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Spread the wedges over two oven trays lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake until tender, **25-30 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



2. Get prepped

While the wedges are baking, bring a large saucepan of salted water to the boil. Slice the **corn** cobs in half. Slice the **lemon** into wedges. Thinly slice the **spring onion**. Place your hand flat on top of a **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. Repeat with the **remaining chicken**.



3. Cook the chicken

SPICY! Add just 1 sachet of the spice blend if you or the kids are sensitive to heat! When the wedges have **15 minutes** cook time remaining, combine **1 1/2 sachets All-American spice blend**, a **drizzle** of **olive oil** and the **chicken** in a medium bowl. Toss to coat. In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **chicken** and cook until golden and cooked through, **3-5 minutes** each side. Reduce the heat to low and add the **BBQ sauce**. Heat until bubbling, then remove from the heat.



4. Boil the corn cobs

While the chicken is cooking, add the **corn** cobs to the saucepan of boiling water. Cook until tender and bright yellow, **5 minutes**. Drain and spread with a little **butter** if you like.



5. Make the slaw

In a large bowl, combine the **garlic aioli** with a **good squeeze** of **lemon juice** and a **pinch** of **salt** and **pepper**. Add the **slaw mix** and **spring onion**. Just before serving, toss to coat.

TIP: Toss the slaw just before serving to keep the cabbage crisp.



6. Serve up

Divide the American-style BBQ chicken, wedges, rainbow slaw and corn cobs between plates. Serve with any remaining lemon wedges.

Enjoy!