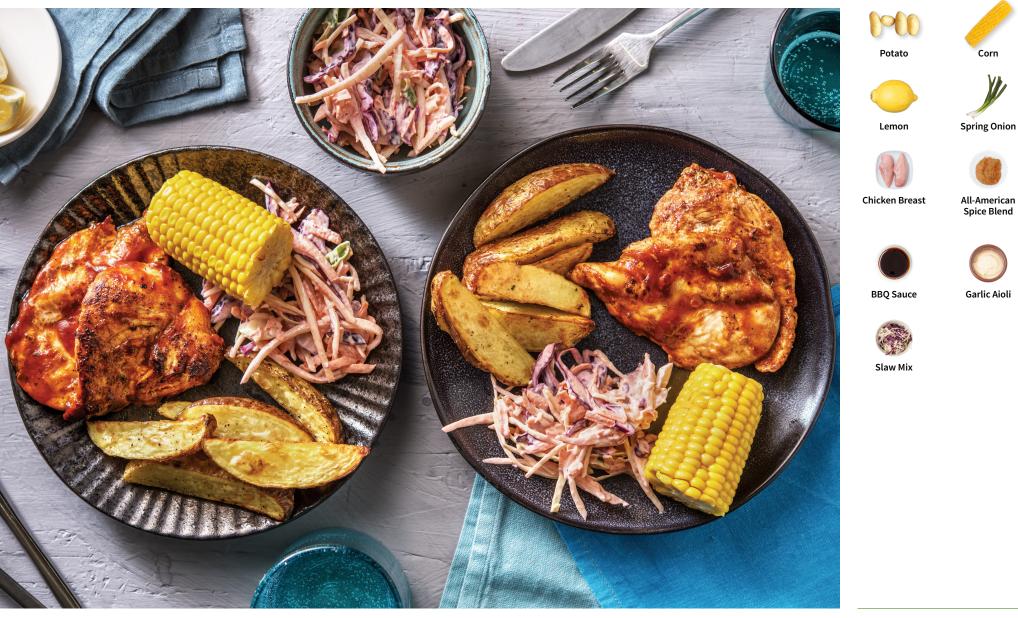


American-style BBQ Chicken



Pantry items

Olive Oil

Hands-on: 25 mins Ready in: 35 mins Naturally gluten-free Not suitable for Coeliacs

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!

Eat me early

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



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!