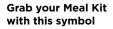


# American-Style BBQ Chicken

with Wedges, Rainbow Slaw & Corn Cobs

















**Spring Onion** 





All-American Spice Blend

**Chicken Breast** 



**BBQ Sauce** 





Slaw Mix

Hands-on: 25-35 mins Ready in: 30-40 mins

Eat me early



Naturally gluten-free Not suitable for Coeliacs



Eat the rainbow with this tasty mix of all-American flavours. Chicken breast 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, Butter (Optional)

# Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Oven tray lined with baking paper · Large frying pan · Large saucepan

#### Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
corn	1 cob	2 cobs
lemon	1/2	1
spring onion	1 bunch	1 bunch
chicken breast	1 packet	1 packet
All-American spice blend	1 sachet	2 sachets
BBQ sauce	1 tub (40g)	1 tub (100g)
butter*(optional)	10g	20g
garlic aioli	1 packet (50g)	1 packet (100g)
slaw mix	<b>1 bag</b> (150g)	1 bag (300g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	2230kJ (533Cal)	<b>409kJ</b> (98Cal)
Protein (g)	45.9g	8.4g
Fat, total (g)	15.0g	2.7g
- saturated (g)	5.8g	1.1g
Carbohydrate (g)	48.9g	9.0g
- sugars (g)	16.0g	2.9g
Sodium (g)	767mg	141mg

#### **Allergens**

Please visit HelloFresh.com.au/foodinfo for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 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 an oven tray lined with baking paper. Drizzle with olive oil, season with a generous 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 cob in half. Slice the lemon (see ingredients list) into wedges. Thinly slice the **spring onion**. Place your hand flat on top of each chicken breast and use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl, combine the All-American spice blend, a drizzle of olive oil and the chicken. Toss to coat.



### 3. Cook the BBQ chicken

When the wedges have 15 minutes cook time remaining, heat a drizzle of olive oil in a large frying pan 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 and a splash of water. Spoon the sauce over the chicken and turn to coat. Heat until bubbling, then remove from the heat.

**TIP:** Chicken is cooked through when it's no longer pink inside.



## 4. Cook the corn

While the chicken is cooking, add the corn 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 rainbow 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 (reserve some spring onion for garnish!). Just before serving, toss to coat.

**TIP:** For the low-calorie option, leave out the garlic aioli when making the slaw.



# 6. Serve up

Divide the BBQ chicken, wedges, rainbow slaw and corn cobs between plates. Spoon any excess glaze from the pan over the chicken. Sprinkle with the reserved spring onion and serve with any remaining lemon wedges.

**Enjoy!**