



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: **25-35** mins
Ready in: **30-40** mins



Naturally gluten-free
Not suitable for Coeliacs



Eat me early



Low Calorie

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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
corn	1 cob	2 cobs
lemon	½	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	1 bag (150g)	1 bag (300g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2230kJ (533Cal)	409kJ (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](https://www.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!