



# BAKED BBQ-STYLE CHICKEN

with Garlic Bread & Mixed Salad



Make homemade  
garlic bread



Garlic



Brown Onion



Carrot



Bake-At-Home  
Ciabatta



Chicken Breast



Tomato Paste



Diced Tomatoes



BBQ Sauce



Chicken Stock



Shredded Cheddar  
Cheese



Cucumber



Tomato



Cos Lettuce Mix



Hands-on: **30** mins  
Ready in: **40** mins



Eat me early

We're using the American definition of BBQ for this recipe, referring to the rich and smoky sauce that surrounds the tender chicken as it bakes, making the meat succulent and juicy. Add a fresh salad on the side plus aromatic garlic bread to mop up the sauce and you'll understand why the BBQ flavours have the USA obsessed!

**Pantry Staples:** Olive Oil, Butter

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium frying pan** • **medium baking dish**



### 1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **brown onion**. Finely chop or grate the **carrot** (unpeeled).



### 2 PREPARE THE GARLIC BREAD

Slice the **bake-at-home ciabatta** in half lengthways, then slice each half across the diagonal. Place the **butter (for the bread)** and **1/2 the garlic** in a small bowl and microwave in **10 second bursts** or until melted. Season with **salt** and **pepper**. Brush the garlic butter over the cut sides of the ciabatta and set aside until step 5.



### 3 BROWN THE CHICKEN

In a medium frying pan, heat a **drizzle** of **olive oil** over a high heat. Season the **chicken breast** on both sides with **salt** and **pepper**. When the oil is hot, add the chicken and cook for **1-2 minutes** each side, or until just browned. Transfer the chicken to a medium baking dish. **TIP:** The chicken will continue cooking in step 5.



### 4 MAKE THE SAUCE

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **onion** and cook, stirring, for **2-3 minutes** or until softened. Add the **carrot** and the **remaining garlic** and cook for **30 seconds** or until fragrant. Add the **tomato paste** (see **ingredients list**) and cook for **1-2 minutes**. Add the **diced tomatoes**, **BBQ sauce**, **butter (for the sauce)** and crumble in the **chicken stock** (**1 cube for 2 people / 2 cubes for 4 people**). Reduce the heat to medium-low and simmer for **2-3 minutes** or until thickened. Season to taste with **salt** and **pepper**. **TIP:** Add a dash of water if you prefer a looser sauce.



### 5 FINISH THE CHICKEN

Spoon the **sauce** over the **chicken** then sprinkle with the **shredded Cheddar cheese**. Bake the chicken for **10-12 minutes**, or until the chicken is cooked through and the cheese has melted. Add the **garlic bread** to a wire rack halfway through, and bake for **5-6 minutes** or until golden. While the chicken is baking, thinly slice the **cucumber** into half-moons. Finely chop the **tomato**. In a medium bowl, combine the **balsamic vinegar** with a **good drizzle** of **olive oil**. Add the cucumber, tomato and **cos lettuce mix** and toss just before serving. Season to taste with **salt** and **pepper**.



### 6 SERVE UP

Divide the baked BBQ-style chicken and garlic bread between plates. Serve with the salad.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
brown onion	1	2
carrot	1	2
bake-at-home ciabatta	1	2
butter* (for the bread)	40 g	80 g
chicken breast	1 packet	1 packet
tomato paste	½ sachet	1 sachet
diced tomatoes	1 box	2 boxes
BBQ sauce	1 tub (40 g)	2 tubs (80 g)
butter* (for the sauce)	20 g	40 g
chicken stock	1 cube	2 cubes
shredded Cheddar cheese	1 packet (50 g)	1 packet (100 g)
cucumber	1	2
tomato	1	2
balsamic vinegar*	2 tsp	1 tbs
cos lettuce mix	1 bag (60 g)	1 bag (120 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3930kJ (940Cal)	474kJ (113Cal)
Protein (g)	54.9g	6.6g
Fat, total (g)	52.1g	6.3g
- saturated (g)	26.2g	3.2g
Carbohydrate (g)	58.5g	7.1g
- sugars (g)	27.6g	3.3g
Sodium (g)	1120mg	135mg

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

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