



Popcorn Chicken & Cheesy Bacon Potatoes

with Corn, Green Beans & BBQ Sauce

TASTE TOURS

KID FRIENDLY

Grab your Meal Kit with this symbol



Chat Potatoes



Corn



Green Beans



Garlic



Spring Onion



Cornflour



Chicken-Style Stock Powder



Nan's Special Seasoning



BBQ Sauce



Smoked Cheddar Cheese



Diced Bacon



Chicken Thigh



Ranch Dressing



Mustard Mayo

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early

Coat juicy chicken thigh in cornflour and a couple of our staple seasonings and you have our not-so-secret recipe for popcorn chicken! Team with some solid sides - including a good dose of green beans for crunch, colour and your veggie fix. When plating up, don't forget to add a drizzle of ranch dressing; it adds that creaminess and tang we know you want!

Pantry items

Olive Oil, Butter

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chat potatoes	1 bag (400g)	1 bag (800g)
corn	1 cob	2 cobs
smoked Cheddar cheese	1 packet (50g)	2 packets (100g)
diced bacon	1 packet (90g)	1 packet (180g)
green beans	1 medium bag	1 large bag
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
chicken thigh	1 small packet	1 large packet
cornflour	1 medium sachet	1 large sachet
chicken-style stock powder	1 medium sachet	1 large sachet
Nan's special seasoning	1 medium sachet	1 large sachet
butter*	10g	20g
BBQ sauce	1 packet	2 packets
ranch dressing	1 packet	2 packets
mustard mayo	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3645kJ (871Cal)	533kJ (127Cal)
Protein (g)	53.9g	7.9g
Fat, total (g)	43.3g	6.3g
- saturated (g)	14.8g	2.2g
Carbohydrate (g)	65.1g	9.5g
- sugars (g)	18.8g	2.8g
Sodium (mg)	2271mg	332mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the potatoes & corn

- Preheat oven to **240°C/220°C fan-forced**. Cut **chat potatoes** and **corn cob** in half. Grate **smoked Cheddar cheese**. Set aside.
- Place **potatoes** on one side of a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Add **corn** to other side of the tray. Roast for **10 minutes**.
- Remove tray from oven. Sprinkle **diced bacon** and **grated cheese** over **potatoes** (you may need to break up the **bacon** with your hands!). Roast until potatoes are tender and cheese is melted and golden, a further **10-15 minutes**.

TIP: Cut any larger chat potatoes into quarters! You want them to all be similar in size.

4



Flavour the chicken

- In a medium bowl, combine **cornflour**, **chicken-style stock powder** and **Nan's special seasoning**. Add **chicken**, toss to coat.

2



Get prepped

- Meanwhile, trim **green beans**. Finely chop **garlic**. Thinly slice **spring onion**.
- Cut **chicken thigh** into 2cm chunks.

5



Cook the chicken

- Return frying pan to medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, shake off any **excess spice mixture** from **chicken**, then cook **chicken**, tossing occasionally, until browned and cooked through, **6-8 minutes** (cook in batches if your pan is getting crowded).
- Transfer to a paper towel-lined plate.

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

3



Cook the greens

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **green beans**, tossing, until tender, **4-5 minutes**.
- Add **garlic** and cook, tossing occasionally, until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a plate. Cover to keep warm.

TIP: Add a dash of water to help speed up the cooking process!

6



Serve up

- Top potatoes with spring onion. Spread corn with the **butter**, then season.
- Divide popcorn chicken, corn and greens between plates. Drizzle chicken with **BBQ sauce** and **ranch dressing**.
- Serve with cheesy bacon potatoes and **mustard mayo**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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