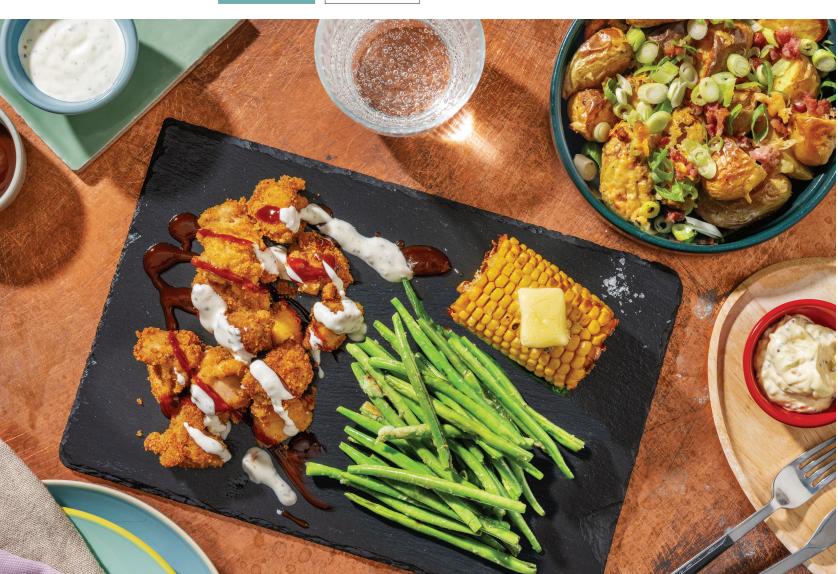


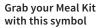
Popcorn Chicken & Cheesy Bacon Potatoes

with Corn, Green Beans & BBQ Sauce

TASTE TOURS

KID FRIENDLY















Green Beans





Cornflour

Spring Onion



Chicken-Style Stock Powder



BBQ Sauce



Nan's Special

Seasoning





Diced Bacon





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

9			
	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.



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.



Get prepped

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



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!



Flavour the chicken

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



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.



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!



