

Quick BBQ Chicken & Potato Salad

with Celery Slaw

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Chicken Thigh



BBQ Sauce



Celery



Slaw Mix



Dill & Parsley Mayonnaise

Recipe Update

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **15-25 mins**
 Ready in: **25-35 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Eat Me Early
 Calorie Smart

Slather succulent seared chicken thigh in our BBQ sauce for a sticky glaze that's kind of sweet, kind of savoury, and 100% delish! Team it with a creamy, herby potato salad and a refreshing slaw for a fast and flavour-packed dinner.

Pantry items

Olive Oil, White Wine Vinegar

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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 sachet	2 sachets
chicken thigh	1 small packet	1 large packet
BBQ sauce	1 packet (40g)	2 packets (80g)
celery	1 stalk	2 stalks
slaw mix	1 small bag	1 large bag
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2287kJ (547Cal)	422kJ (101Cal)
Protein (g)	38.4g	7.1g
Fat, total (g)	25.4g	4.7g
- saturated (g)	4.1g	0.8g
Carbohydrate (g)	39.1g	7.2g
- sugars (g)	13.7g	7.2g
Sodium (mg)	942mg	174mg

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



Cook the potato

- Boil the kettle.
- Cut **potato** into bite-sized chunks.
- Place **potato** in a large saucepan of cold salted water and bring to the boil. Cook until easily pierced with a knife, **10-12 minutes**. Drain, then return to saucepan and allow to cool slightly.

3



Make the slaw

- While chicken is cooking, thinly slice **celery**.
- In a large bowl, combine **celery** and **slaw mix**. Add a drizzle of **white wine vinegar** and **olive oil**. Toss to coat. Season to taste.
- To the saucepan with the **potato**, add the **dill & parsley mayonnaise**. Gently stir to combine. Season to taste.

2



Cook the chicken

- While potato is cooking, combine **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl. Add **chicken thigh**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**.
- Remove frying pan from heat, then add **BBQ sauce**, turning **chicken** to coat.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

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

4



Serve up

- Divide BBQ chicken between plates, spooning over any extra sauce from the pan.
- Serve with potato salad and celery slaw.

Enjoy!

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