

# Quick BBQ Chicken & Potato Salad

with Celery Slaw

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Chicken Thigh



BBQ Sauce



Celery



Shredded Cabbage Mix



Mixed Leaves



Dill & Parsley Mayonnaise

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. 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*



Calorie Smart



Eat Me Early

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 potato salad and a crisp, refreshing slaw for a fast and flavour-packed dinner the kids can help out with.

### 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 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
BBQ sauce	1 packet (40g)	2 packets (80g)
celery	1 stalk	2 stalks
shredded cabbage mix	1 medium bag	1 large bag
mixed leaves	1 small bag	1 medium 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)	2222kJ (531Cal)	410kJ (97Cal)
Protein (g)	41.6g	7.7g
Fat, total (g)	22.8g	4.2g
- saturated (g)	3g	0.6g
Carbohydrate (g)	37.3g	6.9g
- sugars (g)	14.8g	2.7g
Sodium (mg)	914mg	169mg

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 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.



## Make the slaw & toss the potato salad

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

**Little cooks:** Help combine the ingredients for the slaw.



## 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 medium-high heat. Cook **chicken**, turning occasionally, until browned and cooked through (when no longer pink inside), **10-14 minutes**.
- Remove frying pan from heat, then add **BBQ sauce**, turning **chicken** to coat.

**Little cooks:** Take the lead and help flavour the chicken!



## Serve up

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

## Enjoy!

## Rate your recipe

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