



# Quick BBQ-Glazed Chicken & Corn Slaw

with Ranch Potato Salad & Almonds

Grab your Meal Kit with this symbol



Potato



Sweetcorn



All-American Spice Blend



Baby Spinach Leaves



BBQ Sauce



Flaked Almonds



Ranch Dressing



Chicken Thigh



Shredded Cabbage Mix



Mayonnaise



Chicken Breast

Prep in: **20-30 mins**  
Ready in: **25-35 mins**



**Naturally Gluten-Free**  
*Not suitable for coeliacs*



Eat Me Early

This recipe might sound like it's involved, but the components are brought together in four simple steps, with some help from a handful of shortcut ingredients - like our sweet and smoky BBQ sauce for the glaze on the juicy chicken, and our creamy ranch dressing for the potatoes. You're in for a treat!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

**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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	20g	40g
ranch dressing	1 packet	2 packets
sweetcorn	1 tin (125g)	1 tin (300g)
All-American spice blend	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
shredded cabbage mix	1 medium bag	1 large bag
mayonnaise	1 medium packet	1 large packet
BBQ sauce	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2792kJ (667Cal)	469kJ (112Cal)
Protein (g)	44.5g	7.5g
Fat, total (g)	32.9g	5.5g
- saturated (g)	8.8g	1.5g
Carbohydrate (g)	45.1g	7.6g
- sugars (g)	20.3g	3.4g
Sodium (mg)	1202mg	202mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2761kJ (660Cal)	464kJ (111Cal)
Protein (g)	45.3g	7.6g
Fat, total (g)	31.6g	5.3g
- saturated (g)	8.5g	1.4g
Carbohydrate (g)	45.1g	7.6g
- sugars (g)	20.2g	3.4g
Sodium (mg)	1200mg	202mg

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

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW25



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## Make the potato salad & char the corn

- Boil the kettle. Cut **potato** into bite-sized chunks.
- Fill a medium saucepan with the boiled **water**. Add **potato** and a pinch of **salt**. Cook over high heat until easily pierced with a fork, **12-15 minutes**.
- Drain **potato**, then return to saucepan. Add the **butter** and **ranch dressing**, tossing to coat. Season with **salt** and **pepper** to taste. Set aside.
- Meanwhile, drain **sweetcorn**.
- Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes** (cover the pan with a lid if the kernels are "popping" out). Transfer to a large bowl.

3



## Make the slaw

- While the chicken is cooking, roughly chop **baby spinach leaves**.
- To the bowl with the charred **corn**, add **spinach**, **shredded cabbage mix**, **mayonnaise** and a drizzle of **olive oil**. Toss to combine. Season to taste.
- In a small bowl, combine **BBQ sauce** and a splash of hot **water**.

2



## Cook the chicken

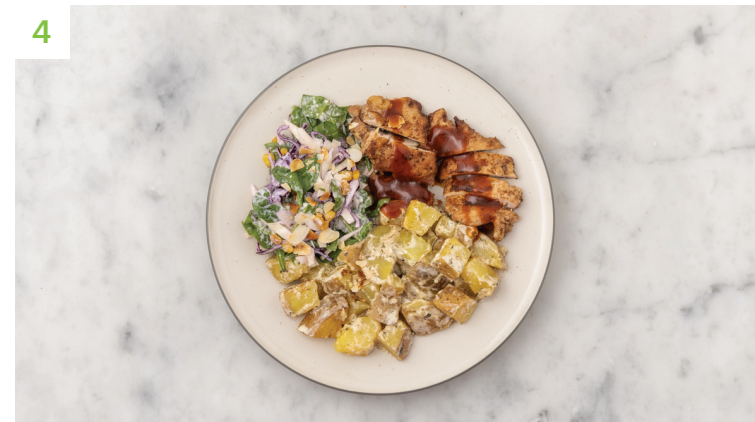
- While the corn is cooking, combine **All-American spice blend**, **chicken thigh**, a drizzle of **olive oil** and a pinch of **salt** in a medium bowl.
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**.

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

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

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Combine with spice blend as above. Heat pan as above. Cook chicken until cooked through, 3-6 minutes each side.

4



## Serve up

- Slice chicken.
- Divide chicken, ranch potato salad and charred corn slaw between plates.
- Pour BBQ glaze over chicken.
- Top with **flaked almonds** to serve. Enjoy!

## Rate your recipe

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Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)