



American-Style BBQ Chicken

with Wedges, Rainbow Slaw & Corn Cobs

Grab your Meal Kit with this symbol



Potato



Corn



Lemon



Spring Onion



Chicken Breast



All-American Spice Blend



BBQ Sauce



Garlic Aioli



Slaw Mix

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Eat the rainbow with this tasty mix of all-American flavours. Tender chicken gets a lightly spiced and saucy coating, with potato wedges, simple corn and a zesty slaw to round out the meal. It's a taste of an American BBQ right in your own home!

Pantry items

Olive Oil, Butter (Optional)

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 saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
corn	1	2
lemon	½	1
spring onion	1 stem	2 stems
chicken breast	1 packet	1 packet
All-American spice blend	1 sachet	1 sachet
BBQ sauce	1 packet (40g)	1 packet (100g)
garlic aioli	1 packet (50g)	1 packet (100g)
slaw mix	1 bag (150g)	1 bag (300g)
butter* (optional)	10g	20g

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2616kJ (625Cal)	445kJ (106Cal)
Protein (g)	44.2g	7.5g
Fat, total (g)	29.2g	5g
- saturated (g)	5.7g	1g
Carbohydrate (g)	49.5g	8.4g
- sugars (g)	16.7g	2.8g
Sodium (mg)	1142mg	194mg

Allergens

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

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



Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Spread the wedges over an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.

TIP: Cut the potato to size so it cooks in time.



Get prepped

While the wedges are baking, bring a large saucepan of salted water to the boil. Slice the **corn** cob in half. Slice the **lemon** into wedges. Thinly slice the **spring onion**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl, combine the **All-American spice blend** and a drizzle of **olive oil**. Add the **chicken** and toss to coat.



Cook the chicken

When the wedges have **15 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken** until golden and cooked through, **3-5 minutes** each side. Reduce the heat to low, then add the **BBQ sauce** and a splash of **water**. Spoon the sauce over the chicken and turn to coat. Heat until bubbling, then remove from the heat.



Cook the corn cobs

While the chicken is cooking, cook the **corn** cobs in the boiling water until tender and bright yellow, **5 minutes**. Drain the corn.



Make the slaw

In a large bowl, combine the **garlic aioli** and a good squeeze of **lemon juice**, then season with **salt** and **pepper**. Add the **slaw mix** and **spring onion** (reserve some spring onion for garnish!). Toss to coat.



Serve up

Divide the BBQ chicken, wedges, rainbow slaw and corn cobs between plates. Spoon any excess glaze from the pan over the chicken. Spread the corn with some **butter** (if using). Sprinkle over the reserved spring onion and serve with any remaining lemon wedges.

Enjoy!