



American-Style BBQ Chicken

with Wedges & Rainbow Charred Corn Slaw

Grab your Meal Kit with this symbol



Potato



Sweetcorn



Spring Onion



Celery



Chicken Breast



All-American Spice Blend



BBQ Sauce



Garlic Aioli



Slaw Mix

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: 25-35 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me Early

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 crunchy slaw to round out the meal. It's a taste of an American BBQ right in your own home!

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

Oven tray lined with baking paper · Large frying pan · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
sweetcorn	½ tin	1 tin
spring onion	1 stem	2 stems
celery	1 stalk	2 stalks
chicken breast	1 packet	1 packet
All-American spice blend	1 sachet	1 sachet
BBQ sauce	1 packet (40g)	1 packet (80g)
garlic aioli	1 packet (50g)	1 packet (100g)
white wine vinegar*	drizzle	drizzle
slaw mix	1 bag (150g)	1 bag (300g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2605kJ (622Cal)	408kJ (97Cal)
Protein (g)	42.4g	6.6g
Fat, total (g)	25.1g	3.9g
- saturated (g)	4.3g	0.7g
Carbohydrate (g)	53.8g	8.4g
- sugars (g)	28.1g	4.4g
Sodium (mg)	1318mg	206mg

The quantities provided above are averages only.

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 oven to **240°C/220°C fan-forced**. Cut **potato** into wedges, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then bake until tender, **25-30 minutes**.



Char the corn

Heat a medium frying pan over high heat. Cook the **sweetcorn** until lightly browned, **4-5 minutes**.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



Get prepped

Meanwhile, drain **sweetcorn** (see ingredients). Thinly slice **spring onion** and **celery**. Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine **All-American spice blend** and a drizzle of **olive oil**. Add **chicken** and turn to coat.



Make the slaw

In a large bowl, combine **garlic aioli** and a drizzle of **white wine vinegar**, then season with **salt** and **pepper**. Add **slaw mix**, **charred corn**, **celery** and **spring onion** (reserve a pinch for garnish!). Toss to coat.



Cook the chicken

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



Serve up

Divide American-style BBQ chicken, wedges and rainbow charred corn slaw between plates. Spoon any remaining glaze from the pan over chicken. Sprinkle with reserved spring onion to serve.

Enjoy!