

Creole Chicken & Charred Corn Slaw

with Potato Wedges & Smokey Aioli

Grab your Meal Kit with this symbol



Potato



Chicken Breast



Creole Spice Blend



Sweetcorn



Carrot



Lemon



Shredded Cabbage Mix



Smokey Aioli

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: 20-30 mins
 Ready in: 30-40 mins

Eat Me Early

The creole spiced chicken doesn't just look delicious it tastes amazing too! The charred corn tossed into the smokey slaw and potato wedges complement the juicy chicken so well this dish will be a star at the table.

Pantry items

Olive Oil

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
salt*	¼ tsp	½ tsp
chicken breast	1 packet	1 packet
Creole spice blend	1 sachet	1 sachet
sweetcorn	½ tin	1 tin
carrot	1	2
lemon	½	1
shredded cabbage mix	1 bag (150g)	1 bag (300g)
smokey aioli	1 packet (100g)	2 packets (200g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3124kJ (747Cal)	459kJ (110Cal)
Protein (g)	42.9g	6.3g
Fat, total (g)	38.3g	5.6g
- saturated (g)	4.9g	0.7g
Carbohydrate (g)	48.5g	7.1g
- sugars (g)	22.1g	3.2g
Sodium (mg)	1396mg	205mg

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](https://www.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 potato wedges

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into wedges. Place on a lined oven tray. Sprinkle the **salt** and drizzle with **olive oil**, and toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

Little cooks: Kids can help toss the potato wedges.



Flavour the chicken

While the wedges are baking, place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine **chicken**, **Creole spice blend**, a drizzle of **olive oil** and season with **salt** and **pepper**. Set aside.



Char the corn

Drain **sweetcorn** (see ingredients). Heat a large frying pan over high heat. Cook **sweetcorn** until lightly charred, **4-5 minutes**. Transfer to a large bowl.

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



Cook the chicken

Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

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



Make the slaw

While the chicken is cooking, grate **carrot**. Slice **lemon** into wedges. To the bowl with **charred corn**, add **carrot**, **shredded cabbage mix**, a good squeeze of **lemon juice**, a drizzle of **olive oil** and 1/2 the **smokey aioli**. Toss to combine. Season to taste.

TIP: Add as much or as little lemon juice as you like depending on your taste.

Little cooks: Take the lead by tossing the salad!



Serve up

Divide potato wedges, creamy slaw and Creole chicken between plates. Serve with remaining **smokey aioli**.

Enjoy!