



Quick BBQ Chicken & Creamy Potato Salad

with Celery & Spinach Slaw

Grab your Meal Kit with this symbol



Potato



Dill & Parsley Mayonnaise



Chicken Thigh



Aussie Spice Blend



BBQ Sauce



Celery



Shredded Cabbage Mix



Baby Spinach Leaves

Hands-on: **15-25 mins**
Ready in: **25-35 mins**

Eat Me Early

Calorie Smart

Eat the rainbow with this tasty mix of classic chicken shop flavours. Tender chicken gets a lightly spiced and saucy coating, with a creamy potato salad and a crunchy celery slaw to round out the meal. It's a taste of a backyard 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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
chicken thigh	1 packet	1 packet
Aussie spice blend	1 sachet	1 sachet
BBQ sauce	1 packet (40g)	1 packet (100g)
celery	1 stalk	2 stalks
shredded cabbage mix	1 bag (150g)	1 bag (300g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2147kJ (513Cal)	400kJ (95Cal)
Protein (g)	43.1g	8g
Fat, total (g)	20.3g	3.8g
- saturated (g)	2.5g	0.5g
Carbohydrate (g)	36.8g	6.9g
- sugars (g)	10.1g	1.9g
Sodium (mg)	890mg	166mg

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.



Cook the potato

- Boil the kettle. Cut **potato** into bite-sized chunks. Half-fill a medium saucepan with boiling water, season with **salt** and bring to the boil.
- Cook **potato** in boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return **potato** to pan. Allow to cool slightly, then add **dill & parsley mayonnaise**. Toss to combine. Season to taste.



Make the slaw

- While the chicken is cooking, thinly slice **celery**.
- In a large bowl, combine the **celery**, **shredded cabbage mix**, **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.



Cook the chicken

- While potato is cooking, combine **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl. Add **chicken thigh** and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **chicken**, turning occasionally, until browned and cooked through, **10-14 minutes**.
- Remove pan from the heat, then add **BBQ sauce** and turn **chicken** to coat.

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

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



Serve up

- Divide BBQ chicken, creamy potato salad and slaw between plates.

Enjoy!