



Spiced BBQ Chicken and Cheesy Chips with Roasted Garlic and Lemon Slaw

Sunshine Dining 30-35 Minutes • Mild Spice • 2 of your 5 a day

5



Potatoes



Garlic Clove



Chicken Thighs



Central American
Style Spice Mix



Baby Gem
Lettuce



Lemon



Mayonnaise



Coleslaw Mix



Grated Hard
Italian Style Cheese



BBQ Sauce



Chicken Breasts

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, aluminium foil, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	3	4	6
Chicken Thighs**	3	4	6
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Baby Gem Lettuce**	1	1½	2
Lemon**	1	1½	2
Mayonnaise 8 9	64g	96g	128g
Coleslaw Mix**	120g	180g	240g
Grated Hard Italian Style Cheese** 7 8	20g	30g	40g
BBQ Sauce	96g	144g	192g
Chicken Breasts**	2	3	4

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	639g	100g	649g	100g
Energy (kJ/kcal)	3000 / 717	469 / 112	2532 / 605	390 / 93
Fat (g)	32.0	5.0	15.8	2.4
Sat. Fat (g)	8.3	1.3	3.6	0.5
Carbohydrate (g)	74.1	11.6	72.9	11.2
Sugars (g)	16.5	2.6	16.6	2.6
Protein (g)	42.9	6.7	50.3	7.7
Salt (g)	2.55	0.40	2.57	0.40

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **8**) Egg **9**) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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60 Worship St, London EC2A 2EZ

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1 Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat and spread out in a single layer. **TIP:** Use two **baking trays** if necessary.

When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.

Meanwhile, pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast the **garlic parcel** on the potato tray until soft, 10-12 mins.



4 Dress the Slaw

Meanwhile, trim the **baby gem**, halve lengthways, then thinly slice. Halve the **lemon**.

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. In a large bowl, add the **garlic**, some **lemon juice** and the **mayonnaise**. Season with **salt** and **pepper**. Stir well to combine.

Add the **baby gem** and **coleslaw mix** to the bowl and toss to coat in the **garlic lemon mayo**. Set aside.



2 Marinade Time

While everything cooks, pop the **chicken thighs** into a large bowl along with the **Central American style spice mix** and a drizzle of **oil**.

Season with **salt** and **pepper** and mix well.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging.

CUSTOM RECIPE

If you've chosen **chicken breast** instead of **thigh**, sandwich each **breast** between two pieces of baking paper. Pop onto a board, then bash with the bottom of a saucepan until it's 1-2cm thick, then continue with the **marinade** as instructed.



5 Finishing Touches

When the **chips** have a few mins left, sprinkle over the **grated Italian style cheese** and return to the oven until melted, 2-3 mins.

Once the chicken is cooked, remove the pan from the heat. Drizzle over the **BBQ sauce** and toss to coat evenly in the **sauce**.



3 Cook the Chicken

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, lay the **chicken thighs** flat in the pan. Season with **salt** and **pepper** and fry until browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

CUSTOM RECIPE

Fry the **chicken breast** in the pan for 7-8 mins on each side instead. Once cooked, transfer the **chicken** to a board, cover with foil and rest for a couple of mins.



6 Serve

Divide the **BBQ chicken** between your plates. Serve with the **cheesy chips** and the **roasted garlic and lemon slaw** on the side.

Enjoy!