

# BBQ Glazed Chicken

with Oven-Baked Wedges and Garlicky Beans

Calorie Smart 30-35 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories



Potatoes



British Chicken Breasts



Central American Style Spice Mix



Green Beans



Echalion Shallot



Garlic Clove



BBQ Sauce



Made with molasses, tomato puree, smoky flavourings and spices, BBQ is a popular American sauce that's great for glazing as well as dipping. In this recipe, the chicken is seared then baked before glazing in the smoky sauce.

## 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, frying pan, garlic press, aluminium foil, bowl and lid.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
British Chicken Breasts**	2	3	4
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Green Beans**	150g	200g	300g
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
BBQ Sauce	64g	96g	128g
Pantry	2P	3P	4P
Water for the Sauce*	25ml	35ml	50ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	546g	100g
	1961 /469	360 /86
Fat (g)	4.6	0.8
Sat. Fat (g)	1.2	0.2
Carbohydrate (g)	65.2	11.9
Sugars (g)	13.0	2.4
Protein (g)	46.3	8.5
Salt (g)	1.19	0.22

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

## Allergens

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Cook the Wedges

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

Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



## Mix your BBQ Glaze

Meanwhile, pop the **BBQ sauce** and **water for the sauce** (see pantry for amount) into a small bowl and stir together to create your **BBQ glaze**.



## Fry the Chicken

Heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken breasts** with **salt** and **pepper**, then sprinkle over the **Central American style spice mix**. Rub all over to coat well.

Once hot, lay the **chicken** into the pan and cook until browned, 5 mins each side. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

While the **chicken** cooks, trim the **green beans**. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).



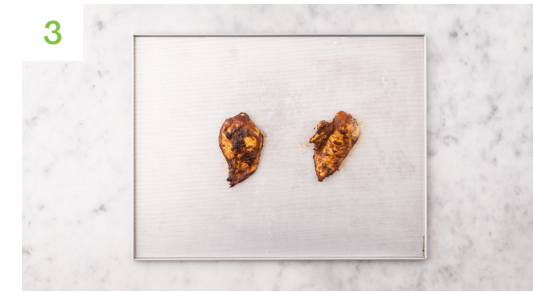
## Stir-Fry the Beans

Pop your (now empty) frying pan back on medium-high heat with a drizzle of oil.

Once hot, add the **green beans** and **shallot**. Stir-fry until the **beans** start to char and the **shallot** has softened, 2-3 mins.

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-6 mins. Transfer the **beans** to your plates.



## Ready to Roast

Once browned, pop the **chicken** onto a baking tray and roast on the top shelf of your oven until cooked through, 15-20 mins.

Wipe out your pan and set aside for later.

When cooked, remove the **chicken** from your oven, cover with foil and allow to rest for a couple of mins. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



## Finish and Serve

Pour the **BBQ glaze** into the (now empty) pan, stir well, then bring back to the boil and allow to reduce slightly.

Once thickened, add the **cooked chicken** to the pan and spoon the **glaze** all over to coat it, then transfer to your plates.

Serve the **BBQ glazed chicken** with the **beans** and **wedges** alongside. Spoon over any remaining **glaze** from the pan over the **chicken** to finish.

Enjoy!