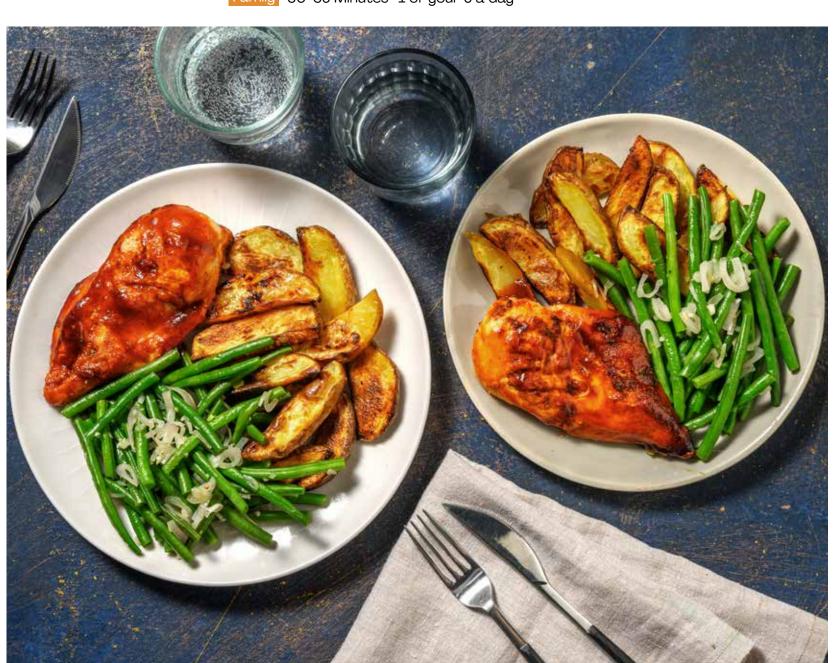


BBQ Glazed Chicken

with Wedges and Garlicky Beans

Family 30-35 Minutes • 1 of your 5 a day









Potatoes

Chicken Breast





Green Beans

Echalion Shallot





Garlic Clove

BBQ Sauce

Pantry Items Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, frying pan, bowl and aluminium

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chicken Breast**	2	3	4
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	Per serving	Per 100g
for uncooked ingredient	519g	100g
Energy (kJ/kcal)	1806 /432	348 /83
Fat (g)	4.4	0.9
Sat. Fat (g)	1.1	0.2
Carbohydrate (g)	56.1	10.8
Sugars (g)	10.3	2.0
Protein (g)	45.7	8.8
Salt (g)	1.01	0.20

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

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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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 top shelf until golden, 25-35 mins. Turn halfway through.



Fry the Chicken

Heat a drizzle of oil in a frying pan on medium-high heat. Season the chicken with salt and pepper.

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).



Ready to Roast

Once browned, pop the **chicken** onto a baking tray and roast on the middle shelf of your oven until cooked through, 10-12 mins - set your pan aside for later.

When cooked, remove 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.



Mix your BBQ Sauce

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



Stir-Fry the Beans

Pop your (now empty) frying pan back on mediumhigh 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 to your plates and drain any excess water.



Finish and Serve

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

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

Serve with the **beans** and **wedges** alongside, spooning any remaining sauce from the pan.

Enjou!