



Cajun Spiced BBQ Chicken and Smoky Sausages in Buns with Mini Roast Potatoes in Ranch Inspired Sauce and Slaw

33

BBQ Feast 50-55 Minutes • Mild Spice • 2 of your 5 a day



Chicken Thigh



Cajun Spice Mix



Salad Potatoes



Garlic Clove



Hickory Smoked Sausage



Chives



Soured Cream



Baby Plum Tomatoes



Baby Gem Lettuce



Coleslaw Mix



Brioche Hot Dog Bun



BBQ Sauce

Pantry Items

Oil, Salt, Pepper, Mayonnaise

Before you start

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

Cooking tools

Bowl, cling film, baking tray, aluminium foil, frying pan and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Chicken Thigh**	2	3	4
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Salad Potatoes	350g	500g	700g
Garlic Clove**	1	2	2
Hickory Smoked Sausage** 14)	2	3	4
Chives**	½ bunch	¾ bunch	1 bunch
Soured Cream** 7)	150g	225g	300g
Baby Plum Tomatoes	125g	190g	250g
Baby Gem Lettuce**	1	1½	2
Coleslaw Mix**	120g	180g	240g
Brioche Hot Dog Bun 7) 8) 11) 13)	2	3	4
BBQ Sauce	32g	48g	64g
Pantry	2P	3P	4P
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	713g	100g
Energy (kJ/kcal)	4545 /1086	637 /152
Fat (g)	57.5	8.1
Sat. Fat (g)	22.5	3.2
Carbohydrate (g)	82.4	11.6
Sugars (g)	18.7	2.6
Protein (g)	47.0	6.6
Salt (g)	2.56	0.36

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

Allergens

7) Milk 8) Egg 11) Soya 13) Cereals containing gluten
14) Sulphites

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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Spice your Chicken

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

Pop the **chicken thighs** into a bowl with the **Cajun spice mix** and a drizzle of **oil**.

Season with **salt** and **pepper**, then turn to coat the **chicken** in the **spice**. Cover with cling film and set aside in the fridge until you're ready to cook.

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



Prep Time

While everything cooks, finely chop the **chives** (use scissors if easier).

Once the **roasted garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

In a small bowl, mix the **garlic** with **half** the **soured cream** and **half** the **chives**. Season your **ranch inspired sauce** with **salt** and **pepper**, then set aside.

Halve the **baby plum tomatoes**. Trim the **baby gem**, halve lengthways, then thinly slice widthways.



Start the Potatoes

Halve the **potatoes**, then 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.

When the oven is hot, roast on the top shelf until golden, 20-25 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.

Add the **garlic parcel** to the **potato** tray and roast until soft, 10-12 mins, then remove and set aside to cool.



Bring on the Slaw

In a large bowl, combine the **coleslaw mix**, **baby gem** and **tomatoes** with the remaining **soured cream** and **tomatoes** with the remaining **soured cream**. Season with **salt** and **pepper**. Mix well, then pop into the fridge until ready to eat.

Just before everything's ready, slice the **buns** top down through the middle (but not all the way through) and pop them into the oven to warm through, 2-3 mins.



Cook the Meat

Pop the **sausages** onto a baking tray. Roast on the middle shelf of your oven until golden brown and cooked through, 20-25 mins. Turn halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw sausages. They're cooked when no longer pink in the middle.

Meanwhile, heat a large frying pan on medium-high heat (no oil). Once hot, lay the **spiced chicken thighs** flat in the pan and fry until 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. Alternatively, cook both on the BBQ if you'd prefer.



Finish and Serve

When everything's cooked, lay the **spiced chicken** on a serving plate. Pop the **sausages** into the **buns** and drizzle over the **BBQ sauce** and **mayonnaise** (see pantry for amount).

Transfer your **mini roast potatoes** to a serving dish and spoon over the **ranch inspired sauce**. Sprinkle with the remaining **chives**.

Serve up your **BBQ feast** with the **slaw** alongside.

Enjoy!