

# Smoky BBQ Chicken & Black Bean Loaded Wedges with Chipotle and Cheese



Customer Favourites 40-45 Minutes • Medium Spice • 1 of your 5 a day











Mature Cheddar



Cheese



Diced Chicken Thigh



Black Beans



Cider Vinegar



Chipotle Paste



# Pantry Items

# Oil, Salt, Pepper

#### **CUSTOM RECIPE**

This is a Custom recipe. If you chose to swap, upgrade or double up on 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.

# Cooking tools

Baking tray, grater, sieve, bowl, frying pan and ovenproof dish.

# Ingredients

Ingredients	2P	3P	4P		
Potatoes	450g	700g	900g		
Carrot**	1	1	2		
Mature Cheddar Cheese** <b>7</b> )	60g	90g	120g		
Black Beans	½ carton	¾ carton	1 carton		
Diced Chicken Thigh**	260g	390g	520g		
BBQ Sauce	64g	96g	128g		
Cider Vinegar 14)	15ml	15ml	30ml		
Chipotle Paste	20g	20g	40g		
Diced Chicken Breast**	260g	390g	520g		
Pantry	2P	3P	4P		
Water for the Sauce*	100ml	150ml	200ml		
*Not Included **Store in the Fridge					

Nutrition

Nuclicion			Custom Recipe	
Per serving	Per 100g	Per serving	Per 100g	
547g	100g	547g	100g	
2706 /647	495/118	2445 /584	447/107	
25.0	4.6	14.9	2.7	
10.6	1.9	7.6	1.4	
63.6	11.6	63.3	11.6	
11.4	2.1	11.4	2.1	
46.2	8.5	49.1	9.0	
2.03	0.37	1.97	0.36	
	Per serving 547g 2706/647 25.0 10.6 63.6 11.4 46.2	Per serving         Per 100g           547g         100g           2706/647         495/118           25.0         4.6           10.6         1.9           63.6         11.6           11.4         2.1           46.2         8.5	Per serving 100g serving 547g 100g 547g 2706/647 495/118 2445/584 25.0 4.6 14.9 10.6 1.9 7.6 63.6 11.6 63.3 11.4 2.1 11.4 46.2 8.5 49.1	

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

# **Allergens**

7) Milk 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.

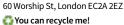
Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

#### Contact

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# 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 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.



# **Get Prepped**

a fork.

While the **wedges** cook, trim the **carrot**, then coarsely grate (no need to peel). Grate the **cheese**. Drain and rinse the **black beans** in a sieve (see ingredients for amount). Pop **half** the **beans** into a medium bowl and roughly mash with the back of



# Fry the Chicken

Meanwhile, heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **diced chicken** and season with **salt** and **pepper**. Fry until golden brown on the outside and cooked through, 8-10 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

When cooked, transfer the **chicken** to your chopping board and roughly chop into small pieces.

#### **CUSTOM RECIPE**

If you've chosen to get **diced chicken breast** instead of **thigh**, cook the recipe in the same way.



# **Smoky BBQ Sauce Time**

Return the (now empty) frying pan to medium heat, no need to clean.

Add the BBQ sauce, cider vinegar, chipotle paste, water for the sauce (see pantry for amount) and a pinch of salt and pepper. Stir to combine and bring to a simmer.



# Combine and Stir

Stir the **grated carrot** and **black beans** (both whole and mashed) through the **BBQ sauce mixture** and cook until thickened, 4-5 mins.

TIP: Stir frequently and cook for a bit longer if you need to - you want it really thick!

Once thickened, stir in the **chopped chicken** and simmer for 2 mins, then remove from the heat. Taste and season with **salt** and **pepper** if needed.



#### Bake and Serve

When the **wedges** are cooked, transfer them to an ovenproof dish. Spoon the **chicken and BBQ sauce mixture** on top - **wedges** loaded!

Sprinkle over the **cheese**, then bake in the oven until golden and bubbling, 5-6 mins.

When ready, remove from the oven and serve.

Enjoy!