



Smoky BBQ Chicken & Black Bean Loaded Wedges

with Chipotle, Cheese and Spring Onions

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

37



Potatoes



BBQ Sauce



Cider Vinegar



Chipotle Paste



Diced Chicken Thigh



Spring Onion



Carrot



Mature Cheddar Cheese



Black Beans



Diced Chicken Breast

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, saucepan, lid, grater, sieve, bowl and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
BBQ Sauce	64g	96g	128g
Cider Vinegar 14	1 sachet	1 sachet	2 sachets
Chipotle Paste	1 sachet	1 sachet	2 sachets
Diced Chicken Thigh**	280g	420g	560g
Spring Onion**	1	2	2
Carrot**	1	1	2
Mature Cheddar Cheese** 7	60g	90g	120g
Black Beans	½ carton	¾ carton	1 carton
Diced Chicken Breast**	280g	420g	560g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	560g	100g
Energy (kJ/kcal)	2765/661	494/118
Fat (g)	25.6	4.6
Sat. Fat (g)	10.3	1.8
Carbohydrate (g)	63.1	11.3
Sugars (g)	11.1	2.0
Protein (g)	44.0	7.9
Salt (g)	1.63	0.29

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	559g	100g
Energy (kJ/kcal)	2449/585	438/105
Fat (g)	14.6	2.6
Sat. Fat (g)	7.5	1.3
Carbohydrate (g)	63.1	11.3
Sugars (g)	11.1	2.0
Protein (g)	49.4	8.8
Salt (g)	1.63	0.29

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.

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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.



Finish the Prep

While the **chicken** simmers, trim and thinly slice the **spring onion**. Trim and grate the **carrot** (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 a fork.

Once the **chicken** is cooked and out of your pan, add the **black beans** (both whole and mashed) and **carrot** to the remaining **sauce** in the pan.



Start your Sauce

While the **wedges** cook, put the **water for the sauce** (see ingredients for amount) in a large saucepan on high heat.

Add the **BBQ sauce**, **cider vinegar**, **chipotle paste** and a **pinch** of **salt** and **pepper**. Stir well to combine and bring to a simmer.



Simmer and Stir

Stir everything together, then boil vigorously on high heat until reduced to a thick sauce, 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 add **salt** and **pepper** if needed.



Add the Chicken

Stir in the **chicken** and bring to a boil, then lower the heat to medium and cover with a lid. Simmer until the **chicken** is cooked and tender, 15-20 mins, stirring halfway and lowering the heat if necessary.

Once cooked, remove the pan from the heat and transfer the **chicken** to a board with a slotted spoon and roughly chop. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. The chicken is cooked when no longer pink in the middle.

CUSTOM RECIPE

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



Bake and Serve

When the **wedges** are ready, transfer them to an ovenproof dish. Spoon the **chicken** and **sauce** on top.

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

When ready, remove from the oven and sprinkle over the **spring onion** to finish.

Enjoy!