



Speedy BBQ Chicken with Wedges and Garlicky Beans

Classic Eat Me Early • 30 Minutes

1



Potato



Chicken Breast



Green Beans



Echalion Shallot



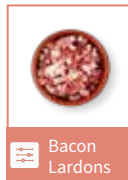
Garlic Clove



BBQ Sauce



Honey



Bacon Lardons



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.

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Baking Tray, Frying Pan, Garlic Press, Aluminium Foil, Tongs, Bowl.

Ingredients

	2P	3P	4P
Potato**	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 (13)	2 sachets	2 sachets	4 sachets
Honey	1 sachet	1 sachet	2 sachets
Bacon Lardons**	60g	90g	120g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	529g	100g
Energy (kJ/kcal)	1891 /452	358 /86
Fat (g)	3	1
Sat. Fat (g)	1	0
Carbohydrate (g)	61	11
Sugars (g)	12	2
Protein (g)	45	9
Salt (g)	0.62	0.12

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	559g	100g
Energy (kJ/kcal)	2216 /530	397 /95
Fat (g)	10	2
Sat. Fat (g)	3	1
Carbohydrate (g)	61	11
Sugars (g)	12	2
Protein (g)	50	9
Salt (g)	1.44	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



Make the Sauce

Meanwhile, pop the **BBQ sauce**, **honey** and **1 tbsp** of **water** per person into a bowl and stir together. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.



Fry the Chicken

Heat a drizzle of **oil** in a frying pan on medium-high heat. While the pan gets hot, season the **chicken** with **salt** and **pepper**. **IMPORTANT:** Wash your hands after handling raw chicken and its packaging. Once hot lay in the **chicken** and cook until browned, 4-5 mins each side. 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).



Cook the Beans

Pop your frying pan back on medium high heat. Add a drizzle of **oil** and the **green beans**. Season with **salt** and **pepper**. Stir fry until tender and slightly charred, 3-4 mins. Add the **shallot** and stir fry with the **beans** until the **shallot** is soft and golden, 2-3 mins, then add the **garlic** and stir fry for 1 min. Pop on your plates and cover with foil to keep warm.



CUSTOM RECIPE

If you've added **bacon lardons** to your recipe, before you add the **green beans** to your pan in the step above, add the **bacon lardons** and stir fry until starting to brown, 2-3 mins. Add the **green beans** to the **bacon** and continue with the recipe as instructed. **IMPORTANT:** Cook the **bacon lardons** thoroughly.



Roast the Chicken

Once browned, pop the **chicken** on a baking tray and roast on the shelf below the **potatoes** until cooked through, 15-20 mins - don't wash your pan, you still need it! **IMPORTANT:** The chicken is cooked when no longer pink in the middle. When cooked, remove from your oven, cover with foil and allow to rest for a couple of mins.



Finish and Serve

Remove the pan from the heat and pour in the **sauce** and stir well. Bring to a bubble and allow the **sauce** to reduce slightly. Once the **chicken** is cooked, add it to the pan and roll it in the **sauce**. Serve on your plates with the **beans**. Serve the **wedges** alongside and spoon any remaining **sauce** in the pan onto the **chicken**.

Enjoy!