











Speedy BBQ Chicken with Wedges and Garlicky Beans

Classic 35 Minutes

1



-  Potatoes
-  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:

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

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 13	64g	64g	128g
Honey	1 sachet	1 sachet	2 sachets
 Bacon Lardons**	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	529g	100g
Energy (kJ/kcal)	1910 /456	361 /86
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	62	12
Sugars (g)	16	3
Protein (g)	45	9
Salt (g)	0.62	0.12
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	574g	100g
Energy (kJ/kcal)	2397 /573	418 /100
Fat (g)	13	2
Sat. Fat (g)	4	1
Carbohydrate (g)	63	11
Sugars (g)	16	3
Protein (g)	53	9
Salt (g)	1.85	0.32

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.

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Cook the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** 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*. Roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.



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. Season the **chicken** with **salt** and **pepper**. **IMPORTANT:** *Wash your hands after handling raw chicken and its packaging.* Once hot, lay the **chicken** into the pan and cook until browned, 3-5 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 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**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Transfer to your plates and drain any excess **water**.



CUSTOM RECIPE

If you've added **bacon lardons** to your recipe, add to the pan before the **green beans**. Stir-fry until starting to brown, 2-3 mins. Then add the **green beans** and continue. **IMPORTANT:** *Wash your hands after handling raw meat. Cook lardons thoroughly.*



Roast the Chicken

Once browned, pop the **chicken** onto a baking tray and roast on the middle shelf of your oven until cooked through, 15-20 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.*



Finish and Serve

Pour the **sauce** into the pan, stir well, then bring back to a bubble and allow to reduce slightly. Add the rested **chicken** to the pan and spoon the **sauce** all over. Serve the **BBQ chicken** on your plates with the **beans** and **wedges** alongside. Spoon any remaining **sauce** from the pan over the **chicken**.

Enjoy!