

Speedy BBQ Chicken with Wedges and Garlicky Beans

Classic Eat Me Early • 35-40 Minutes • 1 of your 5 a day







Potatoes

Chicken Breast





Red Onion

Green Beans



Garlic Clove







Pantry Items Honey

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

Cooking tools

Baking tray, frying pan, garlic press, aluminium foil, bowl and lid.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Chicken Breast**	2		
	_	3	4
Green Beans**	150g	200g	300g
Red Onion**	1	1	2
Garlic Clove**	1	2	2
BBQ Sauce	64g	64g	128g
Honey*	1 tbsp	2 tbsp	2 tbsp
Water for the Sauce*	50ml	50ml	100ml
Chorizo**	60g	90g	120g
*Not Included **Store in the Fridge			

Nutrition

	Per serving	Per 100g
for uncooked ingredient	556g	100g
Energy (kJ/kcal)	1971 /471	355 /85
Fat (g)	3	1
Sat. Fat (g)	1	1
Carbohydrate (g)	66	12
Sugars (g)	17	3
Protein (g)	45	8
Salt (g)	0.62	0.11
Jan (8)	0.02	0.11
Custom Recipe	Per serving	Per 100g

Custom Recipe	Per serving	Per 100g
Custom Recipe for uncooked ingredient	Per serving 586g	Per 100g 100g
Custom Recipe for uncooked ingredient Energy (kJ/kcal)	Per serving 586g 2450/585	Per 100g 100g 418/100
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g)	Per serving 586g 2450/585 13	Per 100g 100g 418/100 2
Custom Recipe for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	Per serving 586g 2450 /585 13 4	Per 100g 100g 418/100 2 1
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Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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.

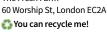
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Cook the Wedges

Preheat your oven to 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.* When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



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 and equipment 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 **red onion**. Peel and grate the **garlic** (or use a garlic press).



Get Ready to Roast

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.



Make the Sauce

Meanwhile, pop the **BBQ sauce**, **honey** and **water for the sauce** (see ingredients for both amounts) into a small bowl and stir together. TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.



Stir-Fry the Beans

Pop your (now empty) frying pan back on mediumhigh heat with a drizzle of oil. Once hot, add the green beans and onion. Stir-fry until the beans start to char and the onion 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, 4-6 mins. Transfer to your plates and drain any excess water.



If you've chosen to add **chorizo** to your meal, add it to the pan before the **beans**. Fry until it starts to brown, 1-2 mins. Then add the **beans** and **onion** and continue as instructed.



Finish and Serve

Pour the **BBQ sauce** into the (now empty) pan, stir well, then bring back to a bubble and allow to reduce slightly. Add the **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!