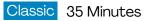


# Speedy BBQ Chicken with Wedges and Garlicky Beans







#### 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
Custom Recipe for uncooked ingredient	Per serving 574g	Per 100g 100g
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for uncooked ingredient	574g	100g
for uncooked ingredient Energy (kJ/kcal)	<b>574g</b> 2397 /573	<b>100g</b> 418/100
for uncooked ingredient Energy (kJ/kcal) Fat (g)	<b>574g</b> 2397 /573 13	<b>100g</b> 418/100 2
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g)	<b>574g</b> 2397 /573 13 4	<b>100g</b> 418/100 2 1
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g)	<b>574g</b> 2397 /573 13 4 63	100g 418/100 2 1 11
for uncooked ingredient Energy (kJ/kcal) Fat (g) Sat. Fat (g) Carbohydrate (g) Sugars (g)	<b>574g</b> 2397 /573 13 4 63 16	100g 418/100 2 1 11 3

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).



# 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.



## **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**. Stirfry 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.* 



# 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!

