

Sticky BBQ Chicken & Herby Potato Salad

with Spinach-Celery Slaw

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Aussie Spice Blend



Chicken Thigh



BBQ Sauce



Celery



Shredded Cabbage Mix



Baby Spinach Leaves





Dill & Parsley Mayonnaise



Chicken Breast

Prep in: 15-25 mins
Ready in: 25-35 mins

 Carb Smart

 Eat Me Early

Slather succulent seared chicken thigh in our BBQ sauce for a sticky glaze that's kind of sweet, kind of savoury, and 100% delish! Team it with a dill and parsley mayo-spiked potato salad and a refreshing, textural slaw for a fast and flavour-packed dinner.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
chicken thigh	1 small packet	2 small packets OR 1 large packet
BBQ sauce	1 packet	2 packets
celery	1 medium bag	2 large bags
shredded cabbage mix	1 medium bag	1 large bag
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2215kJ (529Cal)	409kJ (97Cal)
Protein (g)	38.3g	7.1g
Fat, total (g)	25.6g	4.7g
- saturated (g)	3.8g	0.7g
Carbohydrate (g)	35g	6.5g
- sugars (g)	14.9g	2.8g
Sodium (mg)	932mg	172mg
Dietary Fibre (g)	7.2g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2159kJ (516Cal)	398kJ (95Cal)
Protein (g)	40.6g	7.5g
Fat, total (g)	23g	4.2g
- saturated (g)	3g	0.6g
Carbohydrate (g)	35g	6.5g
- sugars (g)	14.9g	2.8g
Sodium (mg)	922mg	170mg
Dietary Fibre (g)	7.4g	1.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the potato

- Boil the kettle.
- Cut **potato** into bite-sized chunks.
- Place **potato** in a large saucepan of cold salted water and bring to the boil over high heat. Cook until easily pierced with a fork, **12-15 minutes**.
- Drain **potato**, then return to saucepan and allow to cool slightly.

3



Make the slaw

- While chicken is cooking, thinly slice **celery**.
- In a large bowl, combine **celery**, **shredded cabbage mix** and **baby spinach leaves**. Add a drizzle of the **white wine vinegar** and **olive oil**. Toss to coat. Season to taste.
- To saucepan with the potato, add **dill & parsley mayonnaise**. Gently stir to combine. Season to taste.

2



Cook the chicken

- While potato is cooking, combine **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl. Add **chicken thigh**, tossing to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chicken**, turning occasionally, until browned and cooked through (when no longer pink inside), **10-14 minutes**.
- Remove pan from heat, then add **BBQ sauce**, turning chicken to coat.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each breast. Slice through horizontally to make two thin steaks. Coat in spice blend and prep pan as above. Cook chicken until cooked through, 3-6 minutes each side (cook in batches if pan is getting crowded).

4



Serve up

- Divide BBQ chicken between plates, spooning over any extra sauce from the pan.
- Serve with herby potato salad and spinach-celery slaw. Enjoy!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate