



# Popcorn Chicken & Cheesy Bacon Potatoes

with Corn Cobs, Green Beans & BBQ Sauce

TASTE TOURS

KID FRIENDLY

Grab your Meal Kit with this symbol



Chat Potatoes



Corn



Smoked Cheddar Cheese



Diced Bacon



Green Beans



Garlic



Spring Onion



Chicken Thigh



Cornflour



Chicken-Style Stock Powder



Nan's Special Seasoning



BBQ Sauce



Ranch Dressing



Mustard Mayo

Prep in: 25-35 mins  
Ready in: 35-45 mins

Eat Me Early

Coat juicy chicken thigh in cornflour and a couple of our staple seasonings and you have our not-so-secret recipe for popcorn chicken! Team with some solid sides - including a good dose of green beans for crunch, colour and your veggie fix. When plating up, don't forget to add a drizzle of ranch dressing; it adds that creaminess and tang we know you want!

### Pantry items

Olive Oil, Butter

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chat potatoes	1 bag (400g)	1 bag (800g)
corn	1 cob	2 cobs
smoked Cheddar cheese	1 packet (50g)	2 packets (100g)
diced bacon	1 packet (90g)	1 packet (180g)
green beans	1 medium bag	2 medium bags
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
chicken thigh	1 small packet	2 small packets OR 1 large packet
cornflour	1 medium sachet	1 large sachet
chicken-style stock powder	1 medium sachet	1 large sachet
Nan's special seasoning	1 medium sachet	1 large sachet
<b>butter*</b>	10g	20g
BBQ sauce	1 packet	2 packets
ranch dressing	1 packet	2 packets
mustard mayo	1 medium packet	2 medium packets

### \*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3890kJ (930Cal)	500kJ (120Cal)
Protein (g)	57.7g	7.4g
Fat, total (g)	44.9g	5.8g
- saturated (g)	15.2g	2g
Carbohydrate (g)	72.6g	9.3g
- sugars (g)	24.4g	3.1g
Sodium (mg)	2287mg	294mg

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

1



## Roast the potatoes & corn

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **chat potatoes** and **corn cob** in half.
- Grate **smoked Cheddar cheese**. Set aside.
- Place **potatoes** on one side of a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Add **corn** to other side of the tray. Roast for **10 minutes**.
- Remove tray from oven. Sprinkle **diced bacon** and **grated cheese** over potatoes (you may need to break up the bacon with your hands!).
- Roast until potatoes are tender and cheese is melted and golden, a further **10-15 minutes**.

**TIP:** Cut any larger chat potatoes into quarters! You want them to all be similar in size.

4



## Flavour the chicken

- In a medium bowl, combine **cornflour**, **chicken-style stock powder** and **Nan's special seasoning**.
- Add **chicken** and toss to coat.

2



## Get prepped

- Meanwhile, trim **green beans**.
- Finely chop **garlic**.
- Thinly slice **spring onion**.
- Cut **chicken thigh** into 2cm chunks.

5



## Cook the chicken

- Return frying pan to medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, shake off any excess spice mixture from chicken, then cook **chicken**, tossing occasionally, until browned and cooked through, **6-8 minutes** (cook in batches if your pan is getting crowded).
- Transfer to a paper towel-lined plate.

**TIP:** Chicken is cooked through when it's no longer pink inside.

3



## Cook the greens

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **green beans**, tossing, until tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a plate. Cover to keep warm.

**TIP:** Add a dash of water to help speed up the cooking process!

6



## Serve up

- Top potatoes with spring onion. Spread corn with the **butter**, then season.
- Divide popcorn chicken, corn and greens between plates. Drizzle chicken with **BBQ sauce** and **ranch dressing**.
- Serve with cheesy bacon potatoes and **mustard mayo**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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