



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



Diced Bacon



Cheddar Cheese



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
olive oil*	refer to method	refer to method
chat potatoes	1 medium packet	1 large packet
corn	1 cob	2 cobs
diced bacon	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet
green beans	1 medium packet	2 medium packets
garlic	2 cloves	4 cloves
spring onion	1 stem	2 stems
chicken thigh	1 medium packet	2 medium 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
butter*	10g	20g
BBQ sauce	1 medium packet	2 medium packets
ranch dressing	1 medium packet	2 medium packets
mustard mayo	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3799kJ (908Cal)	492kJ (118Cal)
Protein (g)	56g	7.3g
Fat, total (g)	43.6g	5.6g
- saturated (g)	14g	1.8g
Carbohydrate (g)	72.1g	9.3g
- sugars (g)	24.4g	3.2g
Sodium (mg)	2158mg	280mg
Dietary Fibre (g)	14.5g	1.9g

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



Roast the potatoes & corn

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **chat potatoes** and **corn cob** in half.
- 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 **Cheddar 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: You want the potatoes to be similar in size for even cooking.

Little cooks: Help sprinkle the cheese and bacon over the potatoes. Be careful, the tray is hot!

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.

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!

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.

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!

Little cooks: Add the finishing touch by drizzling over the BBQ sauce and ranch dressing!

Rate your recipe

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