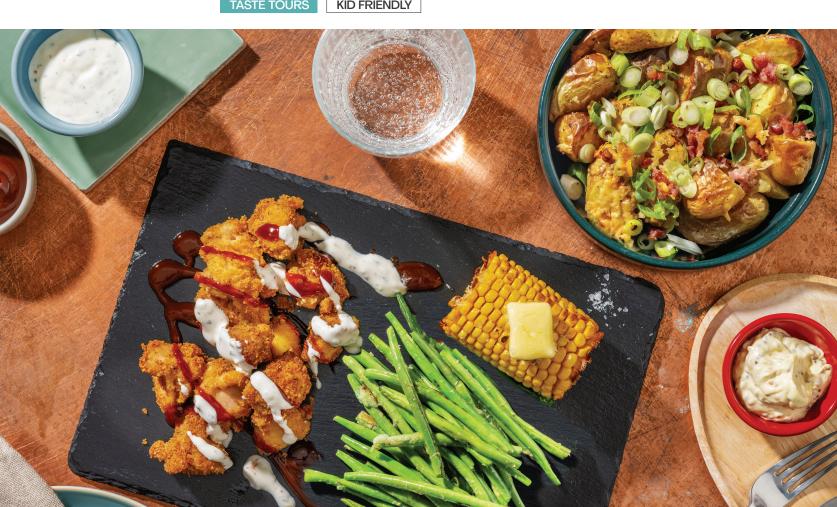


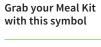
Popcorn Chicken & Cheesy Bacon Potatoes

with Corn Cobs, Green Beans & BBQ Sauce

TASTE TOURS

KID FRIENDLY













Diced Bacon





Cheddar Cheese





Green Beans



Spring Onion







Chicken Thigh



Nan's Special Seasoning





Ranch Dressing



Mustard Mayo

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



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

3			
	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 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)	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.



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

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



Get prepped

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



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!



Flavour the chicken

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



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.



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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate



Scan here if you have any questions or concerns