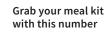


# Popcorn Chicken & Cheesy Bacon Potatoes

with Corn Cobs, Green Beans & BBQ Sauce

TASTE TOURS

KID FRIENDLY











Diced Bacon





Cheddar Cheese



Green Beans





**Spring Onion** 







Nan's Special

Chicken Thigh







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!



#### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
salt*	1/4 tsp	½ tsp
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

<sup>\*</sup>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:** 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!



## 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**, the **salt** 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