



Sticky Chicken & Sweet Potato Wedges

with Ranch Slaw & Corn Cob

CLIMATE SUPERSTAR

Grab your meal kit with this number

1



Sweet Potato



Corn



Chicken Breast



Savoury Seasoning



Sweet & Savoury Glaze



Slaw Mix



Ranch Dressing



Coriander



Chicken Breast



Beef Rump

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart

Protein Rich

Eat Me Early

We put some of our fave sides together to make the meal of a lifetime. Crispy sweet potato wedges, meets juicy corn and tangles with a simple ranch slaw. This delicious meal comes perfectly packaged with sticky chicken, adding the bow on top of this gift of a dinner.

Pantry items

Olive Oil

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

Over tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
corn	1	2
chicken breast	1 medium packet	2 medium packets OR 1 large packet
savoury seasoning	1 sachet	2 sachets
sweet & savoury glaze	1 medium packet	1 large packet
slaw mix	1 small packet	1 large packet
ranch dressing	1 packet	2 packets
coriander	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2437kJ (583cal)	376kJ (58cal)
Protein (g)	48g	7.4g
Fat, total (g)	14.9g	2.3g
- saturated (g)	2.7g	0.4g
Carbohydrate (g)	61g	9.4g
- sugars (g)	30.6g	4.7g
Sodium (mg)	870mg	134.1mg
Dietary Fibre (g)	16.2g	2.5g

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.

1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into wedges. Cut **corn** cob in half.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with a pinch of **salt** and toss to coat. Bake until tender, **25-30 minutes**.
- When there is **20 minutes** remaining, add **corn cobs** to wedges tray and roast until tender and slightly charred, **15-20 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

3



Cook the chicken

- When the fries have **10 minutes** remaining, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- Cook **chicken strips**, tossing occasionally, until browned and cooked through, **3-4 minutes**.
- Remove frying pan from the heat, then add **sweet & savoury glaze** and a splash of **water**, tossing **chicken** to coat.

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

2



Get prepped

- Slice **chicken breast** into thin strips.
- In a medium bowl, combine **chicken**, **savoury seasoning** and a drizzle of **olive oil**.

4



Finish & serve

- In a large bowl, combine **slaw mix** and **ranch dressing**. Season to taste.
- Divide sweet potato wedges, sticky chicken and ranch slaw between plates.
- Tear over **coriander** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW06



CUSTOM OPTIONS



DOUBLE CHICKEN BREAST

Follow method above, cooking in batches if necessary.



SWAP TO BEEF RUMP

Cook, turning, for 3-4 minutes for medium-rare. Rest then slice before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

