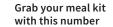


Sticky Chicken & Sweet Potato Wedges with Ranch Slaw & Corn Cob

CLIMATE SUPERSTAR









Sweet Potato



Chicken Breast





Savoury Seasoning





Slaw Mix

Sweet & Savoury



Ranch Dressing



Coriander





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

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

Oven 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.



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.



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.



Get prepped

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



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!

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



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.

