



American BBQ Chicken

with Sweet Potato Wedges & Caramelised Onion Chutney



Make a roasted garlic dressing



Sweet Potato



Carrot



Garlic



Chicken Thigh



All-American Spice Blend



Broccoli



Coriander



Lemon



Caramelised Onion Chutney

Pantry Staples: Olive Oil

Hands-on: **20 mins**
Ready in: **35 mins**

Naturally gluten-free
Not suitable for Coeliacs

Eat me early

Low calorie

Welcome to the American South, where the barbecue is famous and plentiful! Try this succulent, tangy chicken for a taste of the classic — it's best cooked over medium-high heat to get that delicious char and light smoky flavours. Enjoy with a good dollop of chutney and fun sweet potato wedges for an Aussie take on the all-American fare.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, two oven trays** lined with **baking paper, foil, medium bowl, tongs, medium frying pan, plate, wooden spoon, large bowl** and **fork**.



1 ROAST THE VEG

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm wedges. Cut the **carrot** (unpeeled) into 1cm-thick batons. **TIP:** *Cut the vegetables to the correct size to ensure they cook in the allocated time!* Place the sweet potato and carrots on separate oven trays lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Tightly wrap the **garlic** (unpeeled) in foil and place on the tray. Roast on the top rack of the oven for **25-30 minutes**, or until tender.



2 GET PREPPED

While the vegetables are roasting, slice the **chicken thigh** into 1cm thick strips. Place the chicken in a medium bowl with the **All-American spice blend** and a **drizzle of olive oil**. Toss to coat and set aside.

Cut the **broccoli** into 2cm florets and slice the stalk into 1cm batons. Roughly chop the **coriander**. Juice the **lemon** to get **2 tsp for 2 people / 1 tbs for 4 people**.



3 COOK THE CHICKEN

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Once hot, add the **chicken** and cook for **5-6 minutes**, or until browned and cooked through.

TIP: *The spice blend will char lightly, this just adds to the flavour!* Once cooked, transfer the chicken to a plate and cover loosely with foil to keep warm.



4 COOK THE BROCCOLI

Wipe out the pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **broccoli** (stalks and florets) and cook, stirring, for **5-6 minutes**, or until just tender. **TIP:** *Add a dash of water to the broccoli to help it cook faster!*



5 MAKE THE DRESSING

Carefully unwrap the garlic and squeeze the **garlic flesh** into a large bowl. **TIP:** *Place the roasted garlic on the chopping board and press down to squish out the flesh!* Mash the garlic with a fork until smooth. Add the **lemon juice** and **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**) to the bowl. Season with a **pinch of salt** and **pepper**. Add the **carrot** and **broccoli** to the dressing and toss to coat.



6 SERVE UP

Divide the garlicky veg, sweet potato and American BBQ chicken between plates. Garnish with the coriander. Serve the **caramelised onion chutney** on the side.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
carrot	1	2
garlic	2 cloves	4 cloves
chicken thigh	1 packet	1 packet
All-American spice blend	1 sachet	2 sachets
broccoli	1 head	2 heads
coriander	1 bunch	1 bunch
lemon	1	2
caramelised onion chutney	1 tub (40 g)	2 tubs (80 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2090kJ (500Cal)	325kJ (78Cal)
Protein (g)	44.7g	7.0g
Fat, total (g)	14.5g	2.3g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	40.8g	6.4g
- sugars (g)	21.5g	3.3g
Sodium (g)	622mg	97mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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