

American BBQ Chicken

with Sweet Potato Wedges & Caramelised Onion Chutney





Make a roasted garlic dressing











Chicken Thigh



All-American Spice Blend



Broccoli



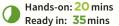
Coriander





Caramelised Onion Chutney

Pantry Staples: Olive Oil









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 = STAR

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.



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.



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.



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.



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

INGREDIENTS

refer to

method

2 cloves

1 packet

1 head

1 bunch

1

1 tub

(40 g)

PER SERVING

2

1

olive oil'

carrot

garlic

broccoli

coriander

caramelised onion

lemon

chutney

*Pantry Items

NUTRITION

sweet potato

chicken thigh

All-American spice blend 1 sachet

refer to

method

4 cloves

1 packet

2 sachets

2 heads

1 bunch

2 tubs

PER 100G

2

2

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo



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!



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.



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

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