

# American-Style BBQ Chicken

with Wedges, Rainbow Slaw & Corn Cobs

Grab your Meal Kit with this symbol



Potato



Corn



Lemon



Spring Onion



Chicken Breast



All-American Spice Blend




BBQ Sauce





Garlic Aioli



Slaw Mix

 Hands-on: **25-35 mins**  
Ready in: **30-40 mins**

 Naturally gluten-free  
*Not suitable for Coeliacs*

 Eat me early

Eat the rainbow with this tasty mix of all-American flavours. Chicken breast gets a lightly spiced and saucy coating, while potato wedges, corn cobs and a zesty slaw round out the meal. It's a taste of an American BBQ right in your own home!

### Pantry items

Olive Oil, Butter (Optional)

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan · Large saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
corn	1 cob	2 cobs
lemon	½	1
spring onion	2 stems	4 stems
chicken breast	1 small packet	1 large packet
All-American spice blend	1 sachet	2 sachets
BBQ sauce	1 packet (40g)	1 packet (100g)
butter* (optional)	10g	20g
garlic aioli	1 packet (50g)	1 packet (100g)
slaw mix	1 bag (150g)	1 bag (300g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2980kJ (712Cal)	495kJ (118Cal)
Protein (g)	41g	6.8g
Fat, total (g)	36.9g	6.1g
- saturated (g)	7.7g	1.3g
Carbohydrate (g)	49.4g	8.2g
- sugars (g)	19.6g	3.3g
Sodium (mg)	839mg	139mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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 the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place on an oven tray lined with baking paper. Drizzle with **olive oil**, season with a generous pinch of **salt** and toss to coat. Spread out in a single layer and bake until tender, **25-30 minutes**.

**TIP:** Cut the potato to size so it cooks in time.



### Get prepped

While the wedges are baking, bring a large saucepan of salted water to the boil. Slice the **corn** cob in half. Slice the **lemon** (see ingredients) into wedges. Thinly slice the **spring onion**. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks. In a medium bowl, combine the **All-American spice blend** and a drizzle of **olive oil**. Add the **chicken** and toss to coat.



### Cook the BBQ chicken

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. When the oil is hot, cook the **chicken** until golden and cooked through, **3-5 minutes** each side. Reduce the heat to low and add the **BBQ sauce** and a splash of **water**. Spoon the sauce over the **chicken** and turn to coat. Heat until bubbling, then remove from the heat.



### Boil the corn cobs

While the chicken is cooking, cook the **corn** cobs in the boiling water until tender and bright yellow, **5 minutes**. Drain and spread with a little **butter** (optional).



### Make the slaw

In a large bowl, combine the **garlic aioli** and a good squeeze of **lemon juice**, then season with **salt** and **pepper**. Add the **slaw mix** and **spring onion** (reserve some spring onion for garnish!). Toss to coat.



### Serve up

Divide the American-style BBQ chicken, wedges, rainbow slaw and corn cobs between plates. Spoon any excess glaze over the chicken. Sprinkle with the reserved spring onion and serve with any remaining lemon wedges.

Enjoy!