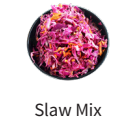
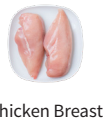
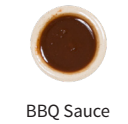
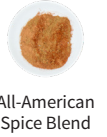


# Spiced BBQ Chicken & Sweet Potato Wedges


with Smokey Slaw & Corn Cobs

Grab your Meal Kit with this symbol



Prep in: 25-35 mins  
Ready in: 30-40 mins

 Eat Me Early

 Naturally Gluten-Free  
*Not suitable for coeliacs*

 Calorie Smart

Get a taste of an American BBQ, right in your own home! Chicken breast gets a lightly spiced and saucy coating, while sweet potato wedges, smokey aioli-spiked slaw and juicy corn cobs round out the meal.

### Pantry items

Olive Oil, Butter



## 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 saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
corn	1 cob	2 cobs
lemon	½	1
chicken breast	1 small packet	1 large packet
All-American spice blend	1 medium sachet	1 large sachet
BBQ sauce	1 packet	2 packets
<b>butter*</b> (optional)	10g	20g
smokey aioli	1 medium packet	1 large packet
slaw mix	1 small bag	1 large bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2665kJ (637Cal)	461kJ (110Cal)
Protein (g)	42.3g	7.3g
Fat, total (g)	26.5g	4.6g
- saturated (g)	5.9g	1g
Carbohydrate (g)	54g	9.4g
- sugars (g)	31.2g	5.4g
Sodium (mg)	974mg	169mg

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](https://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 **220°C/200°C fan-forced**.
- Cut **sweet potato** into wedges.
- Place **wedges** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Bake until tender, **25-30 minutes**.

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

**Little cooks:** Help out by tossing the sweet potato with the olive oil and seasonings!

2



## Get prepped

- Meanwhile, bring a large saucepan of salted water to the boil.
- Cut **corn** cobs in half. Slice **lemon** into wedges.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.
- In a medium bowl, combine **All-American spice blend** and a drizzle of **olive oil**. Add **chicken**, turning to coat.

3



## Cook the chicken

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

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

4



## Cook the corn

- While the chicken is cooking, add **corn** to the saucepan of boiling water. Cook until tender and bright yellow, **5 minutes**.
- Drain **corn**, then spread with the **butter** (if using).

**Little cooks:** Under adult supervision, lend a hand by spreading the butter over the corn (be careful, the corn is hot!).

5



## Make the slaw

- In a large bowl, combine 1/2 the **smokey aioli** with a drizzle of **olive oil** and a good squeeze of **lemon juice**.
- Season, then add **slaw mix**.
- Toss to coat.

**Little cooks:** Take charge by combining the ingredients for the slaw!

6



## Serve up

- Divide spiced BBQ chicken, sweet potato wedges, smokey slaw and corn cobs between plates.
- Spoon any remaining glaze remaining from the pan over the chicken
- Serve with remaining smokey aioli and any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



2022 | CW37

## Rate your recipe

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