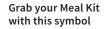


# Spiced BBQ Chicken & Sweet Potato Wedges with Smokey Aioli Slaw & Corn Cobs

**KID FRIENDLY** 







Sweet Potato









Spice Blend





**BBQ Sauce** 





Smokey Aioli





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

Eat Me Early



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  $\cdot$  Large saucepan  $\cdot$  Large frying pan

# Ingredients

ingi calcine				
	2 People	4 People		
olive oil*	refer to method	refer to method		
sweet potato	2	4		
corn	1 cob	2 cobs		
lime	1/2	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		
butter* (optional)	10g	20g		
smokey aioli	1 medium packet	1 large packet		
slaw mix	1 small bag	1 large bag		
haloumi**	1 packet	2 packets		

<sup>\*</sup>Pantry Items \*\* Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2657kJ (635Cal)	452kJ (108Cal)
Protein (g)	41.2g	7g
Fat, total (g)	27.4g	4.7g
- saturated (g)	6.2g	1.1g
Carbohydrate (g)	53.4g	9.1g
- sugars (g)	30.8g	5.2g
Sodium (mg)	982mg	167mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3048kJ</b> (728Cal)	595kJ (142Cal)
Protein (g)	25.1g	4.9g
Fat, total (g)	44.9g	8.8g
- saturated (g)	19g	3.7g
Carbohydrate (g)	54.6g	10.7g
- sugars (g)	31.7g	6.2g
Sodium (mg)	1928mg	376mg

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.
- Place wedges on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat.
- Bake until tender, 20-25 minutes.

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

Custom Recipe: If you've swapped to haloumi, add the full sachet of All-American spice blend to the wedges before baking (you won't need to add the seasoning to the haloumi!). Cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi slices and cover with water.



#### Cook the corn

- While 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!).



# Get prepped

- Meanwhile, bring a large saucepan of salted water to the boil.
- Slice corn cobs in half. Slice lime (see ingredients) 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.



### 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.

**Custom Recipe:** Drain haloumi and pat dry. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side. Reduce heat to low, then add BBQ sauce and a splash of water. Turn haloumi to coat. Heat until bubbling, then remove pan from heat.



# Make the slaw

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

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



# 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 lime wedges. Enjoy!

#### Rate uour recipe

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