



Spiced BBQ Chicken & Sweet Potato Wedges

with Smokey Aioli Slaw & Corn Cobs

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Corn



Lime



All-American Spice Blend



BBQ Sauce



Chicken Breast



Smokey Aioli



Slaw Mix



Haloumi

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

Calorie Smart*
**Custom Recipe is not Calorie Smart*

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
olive oil*	refer to method	refer to method
sweet potato	2	4
corn	1 cob	2 cobs
lime	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
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

*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)	3048kJ (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.

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2022 | CW50



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.



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!



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.



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!

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