



# BBQ-Glazed Chicken & Ranch Potato Salad

with Creamy Charred Corn Slaw

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Ranch Dressing



Sweetcorn



All-American Spice Blend



Chicken Thigh



Baby Spinach Leaves



Shredded Cabbage Mix



Mayonnaise



BBQ Sauce



Chicken Breast

Prep in: 20-30 mins  
Ready in: 25-35 mins

Calorie Smart

Eat Me Early

This recipe might sound like it's involved, but the components are brought together in four simple steps, with some help from a handful of shortcut ingredients - like our sweet and smokey BBQ sauce for the glaze on the juicy chicken, and our creamy ranch dressing for the potatoes. You're in for a treat!

**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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	20g	40g
ranch dressing	1 packet	2 packets
sweetcorn	1 tin (125g)	1 tin (300g)
All-American spice blend	1 medium sachet	1 large sachet
chicken thigh	1 small packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
shredded cabbage mix	1 medium bag	1 large bag
mayonnaise	1 medium packet	1 large packet
BBQ sauce	1 packet	2 packets
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2663kJ (636Cal)	451kJ (108Cal)
Protein (g)	40.2g	6.8g
Fat, total (g)	32.9g	5.6g
- saturated (g)	9.5g	1.6g
Carbohydrate (g)	42.9g	7.3g
- sugars (g)	20.3g	3.4g
Sodium (mg)	1223mg	207mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2593kJ (620Cal)	439kJ (105Cal)
Protein (g)	43g	7.3g
Fat, total (g)	29.6g	5g
- saturated (g)	8.5g	1.4g
Carbohydrate (g)	42.9g	7.3g
- sugars (g)	20.3g	3.4g
Sodium (mg)	1210mg	205mg

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.

## We're here to help!

Scan here if you have any questions or concerns



1



## Make the potato salad

- Boil the kettle. Cut **potato** into bite-sized chunks.
- Fill a medium saucepan with the boiled water. Add **potato** and a pinch of **salt**. Cook over high heat until easily pierced with a fork, **12-15 minutes**.
- Drain **potato**, then return to saucepan. Add the **butter** and **ranch dressing**, tossing to coat. Season with **salt** and **pepper** to taste.

3



## Make the slaw

- While the chicken is cooking, roughly chop **baby spinach leaves**.
- Add **spinach**, **shredded cabbage mix**, **mayonnaise** and a drizzle of **olive oil** to the bowl with the charred corn. Toss to combine. Season to taste.
- In a small bowl, combine **BBQ sauce** and a splash of **hot water**.

2



## Cook the corn & chicken

- While the potato is cooking, drain **sweetcorn**. Heat a large frying pan over high heat. Cook **corn kernels** until lightly browned, **4-5 minutes** (cover the pan with a lid if the kernels are "popping" out). Transfer to a large bowl.
- Meanwhile, in a medium bowl, combine **All-American spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **chicken thigh**, turning to coat.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **chicken**, turning occasionally, until browned and cooked through (when no longer pink inside!), **10-14 minutes**.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Combine with spice blend and heat pan as above. Cook chicken until cooked through 3-6 minutes each side.

4



## Serve up

- Slice the chicken.
- Divide chicken, ranch potato salad and charred corn slaw between plates.
- Pour BBQ glaze over chicken to serve. Enjoy!

## Rate your recipe

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