



BBQ SPICED CHICKEN

with Avocado, Corn & Capsicum Toss



Roast corn on the cob for a smoky flavour



Brown Rice



Sweet Potato



Corn Cob



BBQ Spice Blend



Free-Range Chicken Thigh



Avocado



Red Capsicum



Spring Onions



Coriander



Lemon

Pantry Staples: Olive Oil, Water

Hands-on: 40mins
Ready in: 50mins

Eat me early

This dish is packed with fabulous flavours, and comes with a healthy kick to boot. With lean chicken and vitamin-rich superfoods in your corner, you'll be feeling as bright as the colourful rainbow.

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **large saucepan** with a **lid**, **sieve**, **chef's knife**, **chopping board**, **two oven trays** lined with **baking paper**, **medium bowl**, **large frying pan**, **tongs**, **spoon** and a **large bowl**.



1 COOK THE BROWN RICE

Place the **brown rice** in a large saucepan with the **water** (**check ingredients list for the amount**) and a **pinch** of **salt**. Bring to the boil over a high heat, then cover and reduce to a gentle simmer for **25-30 minutes**, or until the water is absorbed and the rice is tender. Drain and return to the saucepan. **TIP:** *The brown rice can be served warm or cold. If you'd like it cool, place under a running tap of cold water before using in step 5.*



4 PREP THE VEGGIES

Slice the **avocado** into cubes. Dice the **red capsicum**. Finely slice the **spring onion**. Pick the **coriander** leaves. Slice the **lemon** into wedges.



2 ROAST THE SWEET POTATO

Preheat the oven to **220°C/200°C fan-forced**. Chop the **sweet potato** (unpeeled) into 1 cm cubes. Place the sweet potato and the whole **corn cob** on the oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat and place in the oven to bake for **20-25 minutes**, or until the sweet potato is tender and golden. Remove from the oven and cut the corn kernels off the cob.



5 TOSS EVERYTHING TOGETHER

In a large bowl, combine the **brown rice**, **sweet potato**, **corn kernels**, **avocado**, **red capsicum**, **spring onion** and **1/2** of the **coriander**. **Drizzle** with **olive oil** and season to taste with a **pinch** of **salt** and **pepper**.



3 COOK THE CHICKEN

While the veggies are cooking, combine a **drizzle** of **olive oil**, the **BBQ spice blend** and a **pinch** of **salt** and **pepper** in a medium bowl. Add the **free-range chicken thigh** and rub to coat. Heat a large frying pan over a medium-high heat and cook the **chicken** for **2-3 minutes** on each side, or until brown. Transfer the **chicken** to the second oven tray lined with baking paper and cook for a further **8-10 minutes**, or until cooked through. Slice into 1 cm thick slices.



6 SERVE UP

Divide the brown rice and veggie toss between plates and top with the BBQ spiced chicken. Sprinkle over the remaining coriander and serve the lemon wedges on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
brown rice	2 packets (1 1/2 cups)
water*	6 cups
sweet potato	800 g
corn	1 cob
BBQ spice blend	1 sachet (3 tsp)
free-range chicken thigh	1 packet
avocado	1
red capsicum	1
spring onion	1 bunch
coriander	1 bunch
lemon	1

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3220kJ (769Cal)	341kJ (82Cal)
Protein (g)	44.9g	4.8g
Fat, total (g)	23.8g	2.5g
- saturated (g)	5.8g	0.6g
Carbohydrate (g)	88.9g	9.4g
- sugars (g)	14.1g	1.5g
Sodium (mg)	233mg	25mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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