

# Cheesy BBQ Chicken

with Veggie Fries & Creamy Slaw



Carrot



Zucchini



Beetroot



Chicken Breast



Aussie Spice Blend



BBQ Sauce



Shredded Cheddar Cheese



Baby Spinach Leaves




Shredded Cabbage Mix




Mayonnaise

 Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

 Eat Me Early

 Naturally Gluten-Free  
*Not suitable for coeliacs*

 Carb Smart

Slather mildly spiced chicken breasts in sweet and savoury BBQ sauce, top with shredded Cheddar that gets lovely and gooey in the pan, and you're in for a treat!

### Pantry items

Olive Oil, White Wine Vinegar



## 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 frying pan

## Ingredients

|                         | 2 People        | 4 People        |
|-------------------------|-----------------|-----------------|
| olive oil*              | refer to method | refer to method |
| carrot                  | 1               | 2               |
| zucchini                | 1               | 2               |
| beetroot                | 1               | 2               |
| chicken breast          | 1 small packet  | 1 large packet  |
| Aussie spice blend      | 1 sachet        | 2 sachets       |
| BBQ sauce               | 1 packet (40g)  | 2 packets (80g) |
| shredded Cheddar cheese | 1 medium packet | 1 large packet  |
| baby spinach leaves     | 1 small bag     | 1 medium bag    |
| shredded cabbage mix    | 1 medium bag    | 1 large bag     |
| mayonnaise              | 1 packet (40g)  | 1 packet (100g) |
| white wine vinegar*     | drizzle         | drizzle         |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2246kJ (537Cal) | 367kJ (88Cal) |
| Protein (g)      | 49.2g           | 8g            |
| Fat, total (g)   | 22.7g           | 3.7g          |
| - saturated (g)  | 7.6g            | 1.2g          |
| Carbohydrate (g) | 29.5g           | 4.8g          |
| - sugars (g)     | 27.5g           | 4.8g          |
| Sodium (mg)      | 1207mg          | 197mg         |
| Dietary Fibre    | 10.8g           | 1.8g          |

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.



## Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot, zucchini** and **beetroot** into fries. Place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Bake until tender, **20-25 minutes**.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



## Get prepped

While the fries are baking, place your hand flat on top of the **chicken breast** and slice through horizontally to make two thin steaks. In a medium bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Add the **chicken**, turning to coat.



## Cook the chicken

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **chicken** until cooked through, **3-5 minutes** each side (cook in batches if your pan is getting crowded).

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



## Add the sauce

In the last **2 minutes** of cook time, reduce the heat to medium and add the **BBQ sauce**, turning the **chicken** to coat. Top with the **shredded Cheddar cheese** and cover with a lid or foil until melted, **1-2 minutes**.



## Make the creamy slaw

Roughly chop the **baby spinach leaves**. In a medium bowl, combine the **spinach, shredded cabbage mix, mayonnaise** and a drizzle of **white wine vinegar**. Season to taste.



## Serve up

Divide the cheesy BBQ chicken between plates. Serve with the veggie fries and creamy slaw.

Enjoy!

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