



Sticky BBQ Chicken

with wedges and garlicky veg

Calorie Smart 35-40 mins • Spicy

11



Chicken Breast



Potatoes



Garlic



BBQ Sauce



Broccoli



BBQ Rub



Baby Carrots



Chipotle Paste

Pantry Items: Salt, Pepper, Oil, Water, Butter (Optional)



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, pan with lid

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Potatoes	3 units	6 units
Garlic	2 units	4 units
BBQ Sauce	2 sachets	4 sachets
Broccolini	75 g	150 g
BBQ Rub	1 sachet	2 sachets
Baby Carrots	150 g	300 g
Chipotle Paste	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	608.5 g	100 g
Energy (kJ/kcal)	2468.6 kJ/ 590 kcal	405.7 kJ/ 97 kcal
Fat (g)	12.5 g	2.1 g
Sat. Fat (g)	2.8 g	0.5 g
Carbohydrate (g)	75.6 g	12.4 g
Sugars (g)	14.7 g	2.4 g
Protein (g)	42.5 g	7 g
Salt (g)	3.2 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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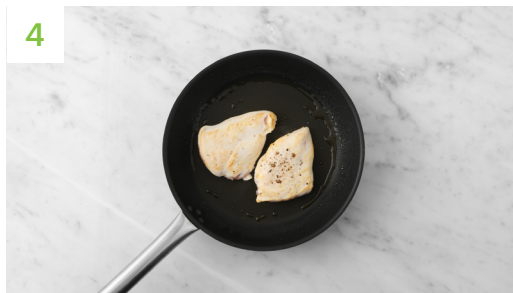
You can recycle me!



Make the Wedges

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm wide wedges (no need to peel).
- Pop onto a large (lined) baking tray. Drizzle with **oil** and season with **BBQ rub, salt** and **pepper**. Toss to coat.
- Spread out in a single layer and roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Fry the Chicken

- Return the pan to medium-high heat with a drizzle of **oil**.
- When hot, add the **chicken steaks** and season with **salt** and **pepper**.
- Cook through, 3-6 mins on each side (cook in batches if your pan is getting crowded).
IMPORTANT: Chicken is cooked when no longer pink in the middle.



Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Place a hand on top of the **chicken breast**. Slice through horizontally to make two thin **steaks**.
IMPORTANT: Wash hands and equipment after handling raw chicken and its packaging.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



Glaze the Chicken

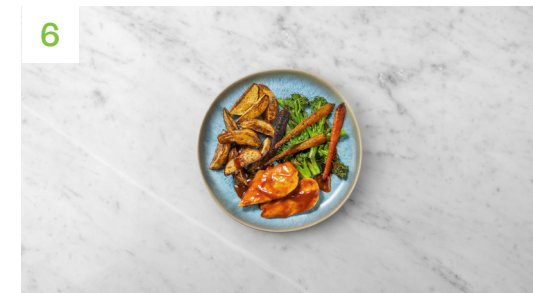
- When the **chicken** is cooked, add a splash of **water** and a knob of **butter** (if you have any) to the pan.
- Once the **butter** has melted, remove the pan from the heat.
- Add the **BBQ sauce** and **chipotle paste** to the pan.
- Use a spoon to coat the **chicken** in the sauce.

TIP: Add a splash of water if the sauce becomes too thick.



Cook the Veg

- Place a pan over high heat with a drizzle of **oil**.
- Trim the bottom of the **broccolini** and discard.
- Add the **broccolini** and **carrots** to the pan and season with **salt** and **pepper**.
- Cook until tender and slightly charred, 4-5 mins, then add the **garlic** and fry until fragrant, 1 min.
- Add a splash of **water** and immediately cover with a lid or some foil. Cook until tender, 4-5 mins. Once cooked, remove from the pan and cover to keep warm.



Finish and Serve

- Plate up the BBQ **chicken** with the veg and wedges alongside.
- Drizzle over any sauce remaining in the pan.

Enjoy!