



# Sticky BBQ Chicken with wedges and garlicky broccoli

Calorie Smart 35-40 mins

16



Chicken Breast



Garlic



Honey



Potatoes



Onion



BBQ Sauce



Broccoli

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

## 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
Garlic	1 unit	2 units
Honey	2 sachets	4 sachets
Potatoes	3 units	6 units
Onion	1 unit	2 units
BBQ Sauce	2 sachets	4 sachets
Broccoli	1 unit	1 unit

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	660.5 g	100 g
Energy (kJ/kcal)	2523 kJ/ 603 kcal	382 kJ/ 91.3 kcal
Fat (g)	12.6 g	1.9 g
Sat. Fat (g)	2.6 g	0.4 g
Carbohydrate (g)	77.9 g	11.8 g
Sugars (g)	16.5 g	2.5 g
Protein (g)	46 g	7 g
Salt (g)	2.2 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.

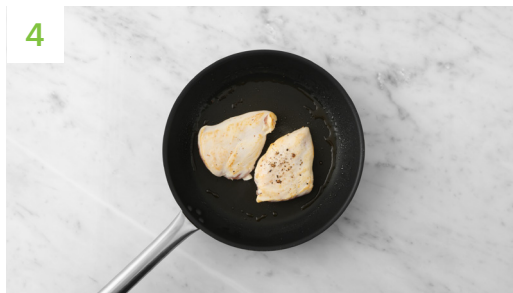


You can recycle me!



## Cook the Wedges

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **potatoes** into 2cm wide wedges (no need to peel).
- Pop onto a large (lined) baking tray. Drizzle with **oil** and season with **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.



## 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 each side (cook in batches if your pan is getting crowded). **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. Chicken is cooked when no longer pink in the middle.



## Get Prepped

- Cut **broccoli** into florets. Halve larger florets.
- Halve, peel and thinly slice **onion**.
- Peel and grate **garlic** (or use a garlic press).
- Place your hand flat on top of the **chicken breast** and slice through horizontally to make two thin **steaks**.

**TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to vacuum packing we use to keep it fresh.



## Glaze the Chicken

- Meanwhile, in a small bowl mix the **BBQ sauce**, **honey** and 25ml **water** (double for 4p). Stir to combine.
- When the **chicken** is cooked, add the **BBQ sauce** to the pan with a knob of **butter** if you have any.
- Carefully use a spoon to baste the **chicken** in the **BBQ sauce**.



## Cook the Broccoli

- Place a pan over a high heat with a drizzle of **oil** (give it a wipe if you like).
- Add the **broccoli** and **onion** and season with **salt** and **pepper**.
- Fry until tender and slightly charred, 2-3 mins then add **garlic** and fry for 1 min.
- Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **broccoli** is tender, 4-5 mins.
- Remove from the pan and cover to keep warm.



## Finish and Serve

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

Enjoy!