



# BBQ CHICKEN

with Potato Wedges and Homemade Baked Beans



HELLO XXX

xx



Potato



Chicken Breasts



BBQ Sauce



Streaky Bacon



Cannellini Beans



Onion



Smoked Paprika



Tomato Passata



Baby Spinach



Mature Cheddar Cheese

MEAL BAG  
91

Hands on: 20 mins  
Total: 40 mins

Family Box

2.5 of your  
5 a day

Little heat

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Baking Tray**, some **Foil**, a **Colander**, **Frying Pan** (with a **Lid**), **Measuring Jug** and **Coarse Grater**. Now, let's get cooking!



## 1 ROAST THE WEDGES

Preheat your oven to 200°C. Chop the **potato** (no need to peel) into wedges about the size of your index finger. Pop them on a lined baking tray in a single layer. Drizzle over a glug of **oil**, season with **salt** and **pepper**. Toss to coat. Roast on the top shelf of your oven until browned and slightly crispy, 25-30 mins. Turn halfway through cooking.



## 2 COAT THE CHICKEN

Meanwhile, put the **chicken breasts** in a bowl and pour over **two-thirds** of the **BBQ sauce** and a pinch of **salt** and **pepper**. Mix together with your hands to ensure the **chicken** gets a good coating of the **sauce**. Wrap a rasher of **bacon** around each **chicken breast** and place on a foil-lined baking tray. Roast the **chicken** on the middle shelf of your oven for 25-30 mins. **IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



## 3 PREP THE BEANS

Drain and rinse the **cannellini beans** in a colander. Halve, peel and chop the **onion** into roughly 1cm pieces. Heat a drizzle of **oil** in a frying pan on medium heat, add the **onion** and cook until soft, 5 mins. Add the **smoked paprika**, stir and cook for 1 minute more.



## 4 SIMMER THE BEANS

Pour in the **tomato passata**, the **water** (see ingredients for amount) and the **cannellini beans**. Season with a pinch of **salt** and **pepper** and mix everything together. Simmer gently until reduced, 7 mins. Remove from the heat, add the **baby spinach** and pop a lid on. Leave to the side until the **spinach** has wilted, 5-7 mins, then stir it through your **beans**. Taste and add more **salt** and **pepper** if it needed.



## 5 GRILL THE CHEESE

Grate the **cheddar cheese**. When the **chicken** is cooked, remove it from your oven and lower the **potato wedges** to the middle shelf. Preheat your grill to high. Sprinkle the **cheese** evenly over each **chicken breast**, then place under your grill until the **cheese** is brown and bubbling, 3-5 mins.



## 6 FINISH AND SERVE

Serve the **BBQ chicken** with the **potato wedges** and **homemade baked beans** on the side and a dollop of the remaining **BBQ sauce**. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Chicken Breasts *	2	3	4
BBQ Sauce 13)	2 sachets	2 sachets	3 sachets
Streaky Bacon *	2 rashers	3 rashers	4 rashers
Cannellini Beans	1 carton	1½ cartons	2 cartons
Onion *	1	1	1
Smoked Paprika	½ pot	1 pot	1 pot
Tomato Passata	½ carton	¾ carton	1 carton
Water*	100ml	150ml	200ml
Baby Spinach *	1 small bag	1 small bag	1 large bag
Mature Cheddar Cheese: 7) *	2 blocks	2 blocks	3 blocks

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING G	PER 100G
Energy (kcal)	732	96
(kJ)	3061	400
Fat (g)	20	3
Sat. Fat (g)	9	1
Carbohydrate (g)	75	10
Sugars (g)	18	2
Protein (g)	62	8
Salt (g)	2.67	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 13) Gluten

🧼 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.

### 👍 THUMBS UP OR THUMBS DOWN?

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