



BBQ Chicken Flatbread and Sweet Corn

with Cheesy Roast Potatoes

N° 18

STREET FOOD 45 Minutes • Medium Heat • 2 of your 5 a day



Corn on the Cob



Potato



Smoked Paprika



Grated hard Italian cheese



Baby Plum Tomatoes



Avocado



Spring Onion



Garlic Clove



Coriander



Chicken Thigh



BBQ Sauce



Chipotle Paste



Mayonnaise



Flatbread

Before you start

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

Basic cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press) and Frying Pan.

Ingredients

	2P	3P	4P
Corn on the Cob**	2	3	4
Potato**	1 small pack	1 large pack	2 small packs
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Grated Hard Italian Cheese 7) 8)**	1 bag	1½ bags	2 bags
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Avocado**	1	2	2
Spring Onion**	2	3	4
Garlic Clove**	2 cloves	3 cloves	4 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Chicken Thigh**	4	6	8
BBQ Sauce 13)	1 sachet	2 sachets	2 sachets
Chipotle Paste	1 sachet	2 sachets	2 sachets
Mayonnaise 8) 9)	2 sachet	3 sachets	4 sachets
Flatbread 7) 13)	4	6	8

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	965g	100g
Energy (kJ/kcal)	6397 /1529	663 /158
Fat (g)	77	8
Sat. Fat (g)	16	2
Carbohydrate (g)	134	14
Sugars (g)	21	2
Protein (g)	70	7
Salt (g)	3.34	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 9) Mustard 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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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1. Get Started

Preheat your oven to 200°C. Wrap the **corn** in foil and pop onto a baking tray. Chop the **potatoes** into 2cm cubes (no need to peel!). In a small bowl mix the **paprika** and **hard Italian cheese**. Pop the **potato cubes** on a large baking tray, drizzle with **oil**, season with **salt** and **pepper** and sprinkle with **half the paprika mix**. Toss to coat then spread out and roast the **potatoes** on the top shelf of your oven and the **corn** on the middle shelf until the **potatoes** are crisp and golden and the **corn** is tender, 25-30 mins.



4. Cook the Chicken

Heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **chicken** with **salt** and **pepper** and once hot lay them flat in the pan and fry until crisp on both sides, 5-7 mins each side. Reduce the heat of the pan and add the **BBQ sauce**, **garlic** and **half the chipotle paste** to the pan. Simmer for 5 mins, turning once, until the sauce coats the **chicken** and becomes thick and sticky. Once cooked remove from the heat. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



2. Prep Your Veg

Meanwhile, halve the **baby plum tomatoes**. Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh onto a board and chop into 1cm pieces. Trim the **spring onions** then slice thinly. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **coriander** (stalks and all).



5. Prep the Corn

Meanwhile, remove the cooked **corn** from the oven, carefully remove from the foil and brush with **half the mayonnaise**. Make sure all the side of the **corn** are coated. Sprinkle the remaining **cheese** and **paprika** mix onto all sides of the **corn**. Finish with the remainder of the **coriander**.



3. Make the Salsa

In a large bowl, mix the **tomatoes**, **avocado**, **spring onion** and **half the coriander**. Drizzle with **olive oil** (see ingredients for amount). Season with **salt** and **pepper**.



6. Plate it up

Pop the **flat breads** in the oven to warm through, 2-3 mins. Meanwhile, thinly slice the **chicken** and mix the remaining **chipotle** and **mayo** together in a small bowl. Spread the **chipotle mayo** onto each of the **flatbreads** and top with the **crispy cheesy potatoes**, **avocado salsa** and slices of **bbq chicken**. Divide amongst your plates and serve with the **corn on the cob** on the side.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.