



BBQ Chicken Loaded Fries

with Avocado and Coriander Chilli Salsa

Street Food 40 Minutes • Little Heat • 1.5 of your 5 a day

27



Potato



Chicken Breast



Smoked Paprika



Ketchup



Soy Sauce



Worcester Sauce



Sweet Chilli Sauce



Bell Pepper



Coriander



Spring Onion



Lime



Green Chilli



Avocado



Cheddar Cheese



Soured Cream

Before you start

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

Cooking tools, you will need:

Two Baking Trays, Saucepan and Coarse Grater.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Chicken Breast**	2	3	4
Smoked Paprika	1 small pot	1 large pot	2 small pots
Ketchup 10)	1 sachet	1½ sachets	2 sachets
Soy Sauce 11) 13)	1 sachet	1½ sachets	2 sachets
Worcester Sauce 13)	½ sachet	¾ sachet	1 sachet
Sweet Chilli Sauce	1 sachet	1½ sachets	2 sachets
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Bell Pepper***	1	1½	2
Coriander**	1 bunch	1 bunch	1 bunch
Spring Onion**	1	2	2
Lime**	1	1	2
Green Chilli**	½	¾	1
Avocado**	1	1½	2
Cheddar Cheese 7)**	30g	45g	60g
Soured Cream 7)**	75g	100g	150g

*Not Included **Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	714g	100g
Energy (kJ/kcal)	3113 /744	436 /104
Fat (g)	32	4
Sat. Fat (g)	12	2
Carbohydrate (g)	67	9
Sugars (g)	20	3
Protein (g)	53	7
Salt (g)	2.07	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **10)** Celery **11)** Soya **13)** Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Fries!

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP: Use two baking trays if necessary, you want the potatoes nicely spread out.**



Make the Salsa

Meanwhile, halve the **pepper**, discard the core and seeds. Chop into 1cm pieces. Roughly chop the **coriander** (stalks and all). Trim, then thinly slice the **spring onion**. Zest the **lime**, cut into wedges. Halve the **chilli** lengthways, deseed and finely chop. 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 insides onto a board. Chop into 1cm pieces. Grate the **cheese**.



Bake the Chicken

Pop the **chicken breasts** onto another baking tray. Drizzle with **oil** and season with **half** the **smoked paprika**, **salt** and **pepper**. Rub the flavours all over the **chicken** to coat. **IMPORTANT: Wash your hands after handling raw meat.** Bake the **chicken** on the middle shelf of the oven until cooked, about 20-25 mins. **IMPORTANT: The chicken is cooked when no longer pink in the middle.**



Assemble

Pop the chopped **peppers**, **chilli**, **lime zest**, **spring onion**, **avocado** and **half** the **coriander** into a bowl. Add a squeeze of **lime juice**, a drizzle of **oil** and season with **salt** and **pepper**. Stir together well and set aside. Once cooked, shred the **chicken breast** into long pieces using 2 forks then stir into the homemade **BBQ sauce**. Coat well. When the **wedges** are ready, transfer to an ovenproof dish. Switch your oven to grill and set it to high.



Make the BBQ Sauce

In the meantime, pop the **ketchup**, **soy sauce**, **Worcester sauce**, **sweet chilli sauce**, remaining **smoked paprika** and **sugar** (see ingredients for amount) into a large saucepan. Heat gently until the **sugar** has melted, stirring occasionally, then increase the heat to medium and bubble until thickened slightly, 1-2 mins. Season with a good grind of **black pepper** then remove from the heat and set to one side.



Dinner Time!

Spoon the **pulled BBQ chicken** on top of the **wedges**. Sprinkle the **Cheddar cheese** all over the top then pop under the grill. Grill until the **cheese** is golden and bubbly, 2-3 mins. Once the **cheese** has melted, remove the **loaded wedges** from the grill and sprinkle over the **chilli pepper salsa** and the remaining **coriander**. Add a dollop of **soured cream** on top and serve with any spare **lime wedges** 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.