



SPEEDY BBQ CHICKEN

with Wedges and Garlicky Green Beans



HELLO GREEN BEANS

The green bean is also known as string bean owing to the string that ran along the side of the pod. It had to be removed prior to cooking- fortunately, a stringless bean was created.



Potato



Chicken Breast



Green Beans



Echalion Shallot



Garlic Clove



BBQ Sauce



Honey

Ready in a mere 30 minutes, our speedy BBQ chicken lives up to its name. The highlight of this dish is the sauce, which is made with BBQ sauce and honey for a sweet and smoky flavour that's perfect with chicken. Served with golden and crispy potato wedges and sauteed garlicky green beans, the beauty of this recipe is in the simplicity. There's no fuss to this dish, just fresh, stand-out flavour.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Baking Trays**, a **Frying Pan**, **Fine Grater** (or **Garlic Press**) and some **Foil**. Now, let's get cooking!



1 COOK THE WEDGES

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**, and season with a pinch of **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.



2 FRY THE CHICKEN

Heat a drizzle of **oil** in a frying pan on medium-high heat. While the pan gets hot, season the **chicken** with a pinch of **salt** and **pepper**. **! IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Once, hot, lay in the **chicken** and cook until browned, 4-5 mins each side. While the chicken cooks, trim the **green beans**. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).



3 ROAST THE CHICKEN

Once browned, pop the **chicken** on another baking tray and roast on the shelf below the **wedges** until cooked through, 15-20 mins - don't wash your pan, you still need it! **! IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. When cooked, remove from your oven, cover with foil and allow to rest for a couple of mins.



4 MAKE THE SAUCE

Meanwhile, pop the **BBQ sauce**, **honey** and 1 tbsp of **water** per person into a small bowl and stir together.



5 BEAN TIME

Pop the now empty frying pan back on medium-high heat (no need to wash it). Add a drizzle of **oil**, the **green beans** and a pinch of **salt** and **pepper**. Stir-fry until tender and slightly charred, 3-4 mins. Add the **shallot** and stir-fry with the **beans** until the **shallot** is soft and golden, 2-3 mins, then add the **garlic** and stir-fry for 1 minute more. Pop on your plates or a serving dish and cover with foil to keep warm.



6 FINISH AND SERVE

Remove the pan from the heat, pour in the **sauce** and stir well. Bring to a bubble and allow the **sauce** to reduce slightly. Once the **chicken** is cooked, add it to the pan and roll it in the **sauce**. Place it on your plates with the **beans**. Serve the **wedges** alongside and spoon any remaining **sauce** in the pan onto the **chicken**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Chicken Breast *	2	3	4
Green Beans *	1 small pack	1 large pack	2 small packs
Echalion Shallot *	1	1½	2
Garlic Clove *	1	2	2
BBQ Sauce (13)	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 516G	PER 100G
Energy (kJ/kcal)	1910 / 457	371 / 89
Fat (g)	5	1
Sat. Fat (g)	1	1
Carbohydrate (g)	60	12
Sugars (g)	15	3
Protein (g)	45	9
Salt (g)	0.48	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

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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