



Speedy BBQ Chicken with Wedges and Garlicky Beans

Calorie Smart Eat Me Early • 30 Minutes • Under 600 Calories



Potatoes



Chicken Breast



Green Beans



Echalion Shallot



Garlic Clove



BBQ Sauce



Honey

Before you start

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

Cooking tools, you will need:

Baking Tray, Frying Pan, Wooden Spoon, Garlic Press, Bowl.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Chicken Breast**	2 fillets	3 fillets	4 fillets
Green Beans**	150g	200g	300g
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
BBQ Sauce 13)	2 sachets	2 sachets	4 sachets
Honey	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	532g	100g
Energy (kJ/kcal)	1918 / 458	361 / 86
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	61	12
Sugars (g)	18	3
Protein (g)	45	8
Salt (g)	0.65	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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.

Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

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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. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



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 **salt** and **pepper**. **IMPORTANT:** Wash your hands 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).



Roast the Chicken

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



Make the Sauce

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



Cook the Beans

Pop your frying pan back on medium-high heat (no need to wash it). Add a drizzle of **oil** and the **green beans**. Season with **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 and cover with foil to keep warm.



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 on your plates with the **beans**. Serve the **wedges** on the side and spoon any remaining **sauce** in the pan onto the **chicken**.

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.