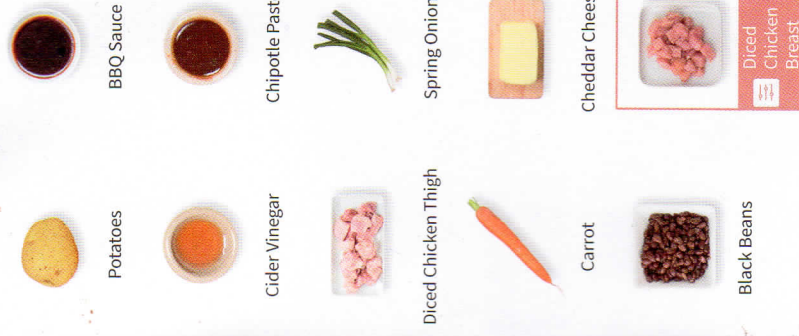




# Smokey BBQ Chicken and Black Bean Loaded Wedges with Cheese

Classic **Eat Me Early** • 40 Minutes • Medium Spice • 1 of your 5 a day



## CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.



## Before you start

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

## Cooking tools, you will need:

Baking Tray, Saucepan with Lid, Slotted Spoon, Grater, Colander, Bowl, Ovenproof Dish.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Water*	100ml	150ml	200ml
BBQ Sauce <b>13)</b>	2 sachets	3 sachets	4 sachets
Cider Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets
Chipotle Paste	1 sachet	1 sachet	2 sachets
Diced Chicken Thigh**	280g	420g	560g
Spring Onion**	1	2	2
Carrot**	1	1	2
Cheddar Cheese <b>7)</b> **	60g	90g	120g
Black Beans	½ carton	¾ carton	1 carton
Diced Chicken Breast**	280g	420g	560g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	567g	100g
Energy (kJ/kcal)	2787 / 666	496 / 119
Fat (g)	26	5
Sat. Fat (g)	10	2
Carbohydrate (g)	64	11
Sugars (g)	14	3
Protein (g)	44	8
Salt (g)	1.62	0.29
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	562g	100g
Energy (kJ/kcal)	2470 / 590	440 / 105
Fat (g)	15	3
Sat. Fat (g)	7	1
Carbohydrate (g)	64	11
Sugars (g)	14	3
Protein (g)	49	9
Salt (g)	1.62	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

**7)** Milk **13)** Gluten **14)** Sulphites

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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### Roast 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.



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### Start the Sauce

Meanwhile, put the **water** (see ingredients for amount) in a large saucepan over high heat. Add the **BBQ sauce**, **cider vinegar**, **chipotle paste** and a pinch of **salt** and **pepper**. Bring the **sauce** to the boil, giving it a good stir to ensure everything is combined.



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### Simmer the Chicken

Once the **sauce** is boiling, lower the heat to medium, stir in the **chicken** and cover the pan with a lid. Simmer until the **chicken** is cooked and tender, 15-20 mins, stirring halfway and lowering the heat if necessary. **IMPORTANT: The chicken safe to eat when no longer pink in the middle.** Once cooked, remove the pan from the heat and transfer just the **chicken** to a board with a slotted spoon. Roughly chop the **chicken**.

#### CUSTOM RECIPE



If you've opted to get **diced chicken breast** instead of **thigh**, cook the **diced chicken breast** in the same way the recipe tells you to cook the **diced chicken thigh**.



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### Simmer

Stir everything together, then boil the **mixture** vigorously on high heat until reduced to a thick sauce, 4-5 mins. **TIP: Stir frequently to stop it burning and cook for a bit longer if you need to - you want it really nice and thick!** Stir in the **chicken** and simmer for 2 mins, then remove from the heat. Taste and add **salt** and **pepper** if you feel it needs it.



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### Grill and Serve

When the **wedges** are ready, transfer them to an ovenproof dish. Spoon the **chicken mixture** on top of the **wedges**. Sprinkle on the **cheese** and bake in the oven until the **cheese** is golden and bubbly, 5-6 mins. Remove from the oven, sprinkle over the **spring onion** and serve.

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.