



# 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 <b>7) 8)**</b>	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 <b>13)</b>	1 sachet	2 sachets	2 sachets
Chipotle Paste	1 sachet	2 sachets	2 sachets
Mayonnaise <b>8) 9)</b>	2 sachet	3 sachets	4 sachets
Flatbread <b>7) 13)</b>	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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## 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.