



BBQ Chicken Loaded Wedges

with Avocado Salsa, Soured Cream and Cheese

Street Food 40-50 Minutes • Mild Spice • 2 of your 5 a day

34



Potatoes



Chicken Breast



Smoked Paprika



Soy Sauce



Worcester Sauce



Sweet Chilli Sauce



Bell Pepper



Lime



Avocado



Mature Cheddar
Cheese



Soured Cream

Pantry Items

Oil, Salt, Pepper, Sugar, Tomato Ketchup,
Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, fine grater, grater and ovenproof dish.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Chicken Breast**	2	3	4
Smoked Paprika	1 sachet	1 sachet	2 sachets
Soy Sauce (11) (13)	25ml	37ml	50ml
Worcester Sauce (13)	7g	11g	15g
Sweet Chilli Sauce	32g	48g	64g
Bell Pepper***	1	1½	2
Lime**	1	1	2
Avocado	1	1½	2
Mature Cheddar Cheese** (7)	30g	40g	60g
Soured Cream** (7)	75g	100g	150g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Tomato Ketchup*	2½ tbsp	4 tbsp	5 tbsp

*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

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3127 /747	460 /110
Fat (g)	31.3	4.6
Sat. Fat (g)	11.7	1.7
Carbohydrate (g)	70.5	10.4
Sugars (g)	22.9	3.4
Protein (g)	53.0	7.8
Salt (g)	4.16	0.61

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk (11) Soya (13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.


Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

 You can recycle me!



Cook the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Prep the Avocado Salsa

Meanwhile, halve the **bell pepper** and discard the core and seeds. Chop into 1cm pieces. Zest and cut the **lime** into wedges.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 1cm pieces.

Pop the **chopped pepper, lime zest** and **avocado** into a medium bowl. Add a squeeze of **lime juice**, a drizzle of **olive oil** and season with **salt** and **pepper**. Stir together, then set your **salsa** aside.



Bake the Chicken

Meanwhile, pop the **chicken breasts** onto another baking tray. Drizzle with **oil** and season with **half** the **smoked paprika, salt** and **pepper**, then rub the **seasoning** all over the **chicken**.

Bake on the top shelf of your oven until cooked through, 25-30 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Assemble your Loaded Wedges

Grate the **cheese**.

Once cooked, use two forks to shred the **chicken** as finely as you can, then stir it into the pan of **BBQ sauce**.

Transfer the **cooked wedges** to an ovenproof dish, then switch your grill on to high.

Spoon the **BBQ chicken** on top of the **wedges**. Sprinkle over the **cheese**, then grill until golden and bubbling, 2-3 mins.



Make your BBQ Sauce

While everything cooks, in a large saucepan, combine the **soy sauce, Worcester sauce, sweet chilli sauce** and remaining **smoked paprika** with the **sugar** and **ketchup** (see pantry for both amounts).

Put on low heat, stirring occasionally, until the **sugar** has melted, then increase the heat to medium and bubble until thickened slightly, 1-2 mins.

Season with plenty of **pepper**, then remove from the heat and set aside.



Finish and Serve

When ready, share your **loaded wedges** between your plates and top with the **avocado salsa** and a dollop of **soured cream**.

Serve with any remaining **lime wedges** alongside and get stuck in.

Enjoy!