



HFC: HelloFresh Fried Chicken

with Wedges, Slaw, BBQ Beans and Gravy

N° 27

STREET FOOD 40 Minutes • Little Heat • 1 of your 5 a day



Sweetcorn



Potato



Mayonnaise



Cider Vinegar



Coleslaw Mix



Cannellini Beans



Tomato Passata



BBQ Sauce



Plain Flour



Cajun Spice



Chicken Thigh



Ketchup

Before you start

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

Basic cooking tools, you will need:

Sieve, Baking Tray, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Sweetcorn	1 small tin	1 small tin	1 large tin
Potato**	1 small pack	1 large pack	2 small packs
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Coleslaw Mix**	1 pack	2 packs	2 packs
Cannellini Beans	1 carton	1½ cartons	2 cartons
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Beans*	50ml	75ml	100ml
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets
Plain Flour 13)	32g	48g	72g
Water for the Flour*	30ml	45ml	60ml
Cajun Spice	1 pot	1 pot	2 pots
Chicken Thigh**	4	6	8
Ketchup 10)	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	871g	100g
Energy (kJ/kcal)	3891 /930	447 /107
Fat (g)	33	4
Sat. Fat (g)	8	1
Carbohydrate (g)	105	12
Sugars (g)	27	3
Protein (g)	50	6
Salt (g)	3.41	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg **9)** Mustard **10)** Celery **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.

Contact

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

You can recycle me!

Packed in the UK



1. Get Prepped

Preheat your oven to 200°C. Drain and rinse the **sweetcorn** in a sieve. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **mayo** and **cider vinegar** into a medium bowl. Season with **salt** and **pepper** and mix together. Add the **coleslaw mix** and **sweetcorn** to the **mayo mixture**, mix again and set aside. Drain and rinse the **cannellini beans** in a sieve.



4. Prepare the Chicken

Heat ½cm of **oil** in a frying pan on medium high heat. While the oil heats up, put the **flour** in a bowl with the **water** (see ingredient list for amount) and **cajun spice**. Season with **salt** and **pepper**. Mix together, then add the **chicken thighs** and turn to coat in the **mixture**. **IMPORTANT:** Remember to wash your hands after handling raw chicken.



2. Roast the Wedges

Pop the **wedges** on a low sided wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary, you want the potatoes nicely spread out.



5. Fry the Chicken

Once hot, carefully lay the **floured chicken pieces** in the hot **oil** and fry until golden brown and cooked through, 12-15 mins total. Turn the **chicken** every 2-3 mins and cook in batches of necessary. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.



3. Make the Beans

Meanwhile, pop the **passata**, **cannellini beans** and **water** (see ingredients for amount) into a pan and pop on medium heat. Bring to the boil and simmer until thickened, 4-5 mins. Season with **salt** and **pepper** and stir in the **bbq sauce**. Taste and add more **salt** and **pepper** if you feel it needs it. Remove from the heat and set aside.



6. Finish and Serve

Reheat the **beans** until piping hot. Serve the **chicken**, **beans**, **slaw** and **wedges** at the table with the **ketchup** on the side for dipping your chips in, dig in!

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.