



Mississippi Rubbed Chicken Thighs & BBQ Sausages with Mini Jacket Potatoes & Slaw

N° 31

BBQ Feast 45 Minutes • Little Spice • 1 of your 5 a day



Chicken Thighs



Mississippi Style Spice Mix



Salad Potatoes



Garlic Clove



BBQ Smoke Sausages



Chives



Soured Cream



Baby Plum Tomatoes



Baby Gem Lettuce



Coleslaw Mix



Brioche Hot Dog Bun



BBQ Sauce



Mayonnaise

Before you start

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

Cooking tools, you will need:

Bowl, Clingfilm, Baking Tray, Aluminum Foil, Frying Pan.

Ingredients

	2P	3P	4P
Chicken Thighs**	2	3	4
Mississippi Style Spice Mix	1 sachet	1 sachet	2 sachets
Salad Potatoes**	350g	500g	700g
Garlic Clove	1	2	2
BBQ Smoke Sausages 14 **	2	3	4
Chives**	½ bunch	¾ bunch	1 bunch
Soured Cream 7 **	150g	225g	300g
Baby Plum Tomatoes	125g	190g	250g
Baby Gem Lettuce**	1	1½	2
Coleslaw Mix**	120g	180g	240g
Brioche Hot Dog Bun 7 8 11 13)	2	3	4
BBQ Sauce 13)	1 sachet	2 sachets	2 sachets
Mayonnaise 8 9)	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	719g	100g
Energy (kJ/kcal)	4445 / 1062	619 / 148
Fat (g)	58	8
Sat. Fat (g)	25	3
Carbohydrate (g)	93	13
Sugars (g)	19	3
Protein (g)	44	6
Salt (g)	2.50	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **8**) Egg **9**) Mustard **11**) Soya **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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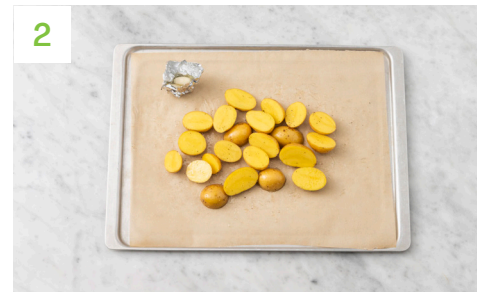
60 Worship St, London EC2A 2EZ

 You can recycle me!



1 Prep the Meat

Preheat your oven to 200°C. Pop the **chicken thighs** into a bowl and add the **Mississippi style spice mix** and a drizzle of **oil**. Season with **salt** and **pepper**. Rub the **spice** into the **chicken**, making sure to coat it all. Cover with clingfilm and set aside in the fridge until you're ready to cook it. **IMPORTANT:** Wash your hands after handling chicken and its packaging.



2 Start the Potatoes

Halve the **potatoes**. Pop them onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. Roast on the top shelf of the oven until golden, 20-25 mins, turning halfway through. Peel the **garlic**, pop into foil with a drizzle of **oil** and scrunch to enclose it. Roast the **garlic** on the **potatoes'** baking tray until soft, 10-12 mins. Then leave on the side to cool.



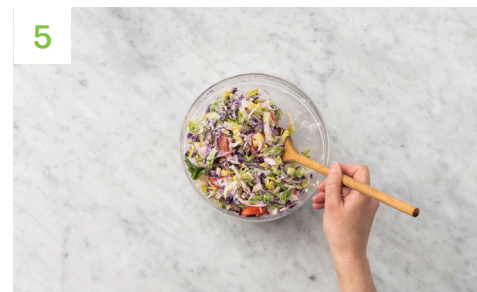
3 Cook the Meat

If you're not using your BBQ, pop the **sausages** onto a baking tray. Roast in your oven for 18-20 mins. **IMPORTANT:** The sausages are cooked when no longer pink in the middle. Meanwhile, heat a large frying pan on medium-high heat (no oil). Lay the **chicken thighs** in the pan and fry until they are starting to char on the outside and are cooked through, 6-7 mins each side. **IMPORTANT:** Wash your hands after handling raw meat and its packaging. **IMPORTANT:** The chicken is cooked when no longer pink in the middle. Alternatively, you could BBQ the **meat...** weather permitting!



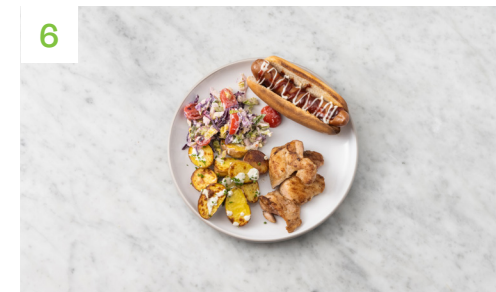
4 Prep the Veg

While everything cooks, finely snip the **chives** with scissors. Mash the **roasted garlic** with a fork until smooth. In a small bowl, mix **half** of the **soured cream**, the **roasted garlic** and **half** the **chives**. Taste and season with **salt** and **pepper**. Halve the **baby plum tomatoes**. Trim the root from the **baby gem**, halve lengthways then thinly slice widthways.



5 Finishing Touches

In another bowl, combine the **slaw mix** with the remaining **soured cream**, the **baby gem** and **baby plum tomatoes**. Season with **salt** and **pepper**. Mix well and pop into the fridge until ready to eat. A few mins before everything is cooked, slice the **brioche buns** through the middle (but not all the way through) and pop them into the oven until warmed through, 2-3 mins.



6 Time to Serve

Pop the **chicken** onto a serving plate. Serve the **BBQ smoke sausages** in the **buns** with the **BBQ sauce** and **mayonnaise** on top. Pop the **potatoes** into a serving dish and drizzle over the **soured cream** and **garlic dressing**. Sprinkle the remaining **chives** over the **potatoes**. Serve with the **slaw** alongside.

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.