



Pulled BBQ Chicken Buns

with Zesty Slaw and Chips

N° 7

Family **Eat Me Early** Hands On Time: 20 Minutes • Total Time: 35 Minutes • 1 of your 5 a day



Potatoes



Mild Paprika



Chicken Thigh



Coleslaw Mix



Lime



Soured Cream



BBQ Sauce



Glazed Burger Bun

Before you start

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

Cooking tools, you will need:

Baking Tray, Bowl, Spoon, Plate.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Mild Paprika	1 sachet	1 sachet	2 sachets
Chicken Thigh**	3	4	6
Coleslaw Mix**	120g	180g	240g
Lime**	½	½	1
Soured Cream 7)**	75g	99g	150g
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets
Glazed Burger Bun 13)	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	568g	100g
Energy (kJ/kcal)	3152 / 753	555 / 133
Fat (g)	27	5
Sat. Fat (g)	10	2
Carbohydrate (g)	91	16
Sugars (g)	15	3
Protein (g)	39	7
Salt (g)	1.33	0.24

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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

Packed in the UK

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 You can recycle me!



1



Get Your Chips On

Preheat your oven to 200°C. Chop the **potatoes** lengthways into 2cm slices, then chop into 2cm wide **chips**. Pop the **chips** onto a large, low-sided, wide baking tray. Drizzle with **oil**, sprinkle over the **paprika**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer and, when the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway. **TIP:** Use two baking trays if necessary, you want the chips nicely spread out.

2



Roast the Chicken

Meanwhile, lay the **chicken thighs** flat onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands after handling chicken and its packaging. Roast them on the middle shelf of your oven until browned and cooked through, 16-18 mins. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.

3



Make the Slaw

While the **chicken** and **chips** cook, pop the **coleslaw mix** into a medium bowl. Zest and halve the **lime**. Reserve 2 **tbps** of **soured cream** in a small bowl. Add the **lime zest** and remaining **soured cream** to the **coleslaw mix**. Squeeze in some **lime juice** and season with **salt** and **pepper**, mixing well to combine. Taste and add more **lime juice**, **salt** or **pepper** if needed. Leave your **zesty slaw** to one side for now.

4



BBQ Sauce Time

Once the **chicken** is cooked, remove it from the oven and place onto a board. Use 2 forks to gently pull the **chicken** apart. Once you have pulled apart all the **chicken**, pop it into a medium bowl. Add the **BBQ sauce** and mix well to coat all of the **chicken** in the **sauce**. Cover with foil to keep warm.

5



Warm the Buns

Just before serving, cut the **burger buns** in half. Pop them into your oven to warm, 2-3 mins.

6



Serve

When ready, pop the **buns** onto your plates. Pile the pulled **BBQ chicken** onto the bottom half of your **buns**. Spread the reserved **soured cream** onto the top half of the **buns** and sandwich together. If you have any **lime** left, cut into **wedges**. Serve the **BBQ chicken buns** with the **paprika chips**, **zesty slaw** and any remaining **lime wedges** 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.