



# BBQ Chicken and Black Bean Loaded Wedges with Cheese

Family Hands On Time: 20 Minutes • Total Time: 35 Minutes • 1.5 of your 5 a day

7



Potato



BBQ Sauce



Cider Vinegar



Chipotle Paste



Diced Chicken Thigh



Spring Onion



Carrot



Cheddar Cheese



Black Beans

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Measuring Jug, Saucepan, Coarse Grater and Colander.

## Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Water for the Chicken*	100ml	150ml	200ml
BBQ Sauce <b>13)</b>	2 sachets	3 sachets	4 sachets
Cider Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets
Chipotle Paste	1 sachet	1 sachet	2 sachets
Diced Chicken Thigh**	280g	420g	560g
Spring Onion**	1	2	2
Carrot**	1	1	2
Cheddar Cheese <b>7)**</b>	60g	90g	120g
Black Beans	1 carton	2 cartons	2 cartons

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	624g	100g
Energy (kJ/kcal)	3008 /719	482 /115
Fat (g)	26	4
Sat. Fat (g)	11	2
Carbohydrate (g)	68	11
Sugars (g)	15	2
Protein (g)	50	8
Salt (g)	1.85	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 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

Packed in the UK

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 You can recycle me!



## Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop them on a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking.



## Finish the Prep

While everything cooks, trim and thinly slice the **spring onion**. Trim and coarsely grate the **carrot** (no need to peel). Grate the **Cheddar**. Drain and rinse the **black beans** in a colander. Pop **half** of them in a medium bowl and roughly mash with a fork. Once the **chicken** is cooked and out of your pan, add the **black beans** (both whole and crushed) and **carrot** to the remaining **liquid** in the pan.



## Start the Chicken

Meanwhile, put the **water** (see ingredients for amount) in a large saucepan over high heat. Add the **BBQ sauce**, **cider vinegar**, **chipotle paste** and a pinch of **salt** and **pepper**. Bring the **sauce** to the boil, giving it a good stir to ensure everything is combined.



## Simmer!

Stir everything together, then boil the **mixture** vigorously on high heat until reduced to a thick sauce, 4-5 mins. **TIP: Stir frequently to stop it burning!** Stir in the **chicken** and simmer for 2 mins, then remove from the heat. Taste and add **salt** and **pepper** if you feel it needs it.



## Simmer the Chicken

Once the **sauce** is boiling, lower the heat to medium, stir in the **chicken** and cover the pan with a lid. Simmer until the **chicken** is cooked and tender, 15-20 mins, stirring halfway and lowering the heat if necessary. **IMPORTANT: The chicken is safe to eat when no longer pink in the middle.** Once cooked, remove the pan from the heat and transfer just the **chicken** to a board with a slotted spoon. Then, roughly chop the **chicken**.



## Grill and Serve

When the **wedges** are ready, transfer them to an ovenproof dish. Spoon the **chicken mixture** on top of the **wedges**. Sprinkle on the **cheese** and bake in the oven until the **cheese** is golden and bubbly, 5-6 mins. Remove from the oven, sprinkle over the **spring onion** and serve!

## 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.