



# Speedy BBQ Chicken with Wedges and Garlicky Beans

Calorie Smart Eat Me Early • 30 Minutes • Under 600 Calories

6



Potatoes



Chicken Breast



Green Beans



Echalion Shallot



Garlic Clove



BBQ Sauce



Honey

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Frying Pan, Wooden Spoon, Garlic Press, Bowl.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Chicken Breast**	2 fillets	3 fillets	4 fillets
Green Beans**	150g	200g	300g
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
BBQ Sauce <b>13)</b>	2 sachets	2 sachets	4 sachets
Honey	1 sachet	1 sachet	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	532g	100g
Energy (kJ/kcal)	1918 / 458	361 / 86
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	61	12
Sugars (g)	18	3
Protein (g)	45	8
Salt (g)	0.65	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

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 200°C. Chop the **potatoes** into 2cm wide **wedges** (no need to peel). Pop the **wedges** 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.



## Fry the Chicken

Heat a drizzle of **oil** in a frying pan on medium-high heat. While the pan gets hot, season the **chicken** with **salt** and **pepper**. **IMPORTANT:** *Wash your hands after handling raw meat.* Once, hot, lay in the **chicken** and cook until browned, 4-5 mins each side. While the chicken cooks, trim the **green beans**. Halve, peel and thinly slice the **shallot**. Peel and grate the **garlic** (or use a garlic press).



## Roast the Chicken

Once browned, pop the **chicken** on a baking tray and roast on the shelf below the **potatoes** until cooked through, 15-20 mins - don't wash your pan, you still need it! **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.* When cooked, remove from your oven, cover with foil and allow to rest for a couple of mins.



## Make the Sauce

Meanwhile, pop the **BBQ sauce**, **honey** and **1 tbsp** of **water** per person into a bowl and stir together.



## Cook the Beans

Pop your frying pan back on medium-high heat (no need to wash it). Add a drizzle of **oil** and the **green beans**. Season with **salt** and **pepper**. Stir-fry until tender and slightly charred, 3-4 mins. Add the **shallot** and stir-fry with the **beans** until the **shallot** is soft and golden, 2-3 mins, then add the **garlic** and stir-fry for 1 minute more. Pop on your plates and cover with foil to keep warm.



## Finish and Serve

Remove the pan from the heat, pour in the **sauce** and stir well. Bring to a bubble and allow the **sauce** to reduce slightly. Once the **chicken** is cooked, add it to the pan and roll it in the **sauce**. Place on your plates with the **beans**. Serve the **wedges** on the side and spoon any remaining **sauce** in the pan onto the **chicken**.

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.