



BBQ Chicken Breast and Hokkaido Pumpkin Wedges

with Hot Sauce, Red Cabbage Slaw and Spring Onion

High Protein

Preparation time : 40 min.



-  Hokkaido Pumpkin
-  Central American Style Spice Mix
-  Cider Vinegar
-  Pre-Cut Red Cabbage
-  Spring Onion
-  British Chicken Breasts
-  BBQ Sauce
-  Hot Sauce
-  Sugar
-  Olive Oil for the Dressing
-  Mayonnaise



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/bbq-chicken-breast-and-hokkaido-pumpkin-wedges-165>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Hokkaido Pumpkin (unit(s))	1	1½	2
Central American Style Spice Mix (sachet(s))	1	1	2
Cider Vinegar (milliliter(s))	15	22½	30
Pre-Cut Red Cabbage (grams)	120	180	240
Spring Onion (unit(s))	1	1½	2
British Chicken Breasts (unit(s))	2	3	4
BBQ Sauce (grams)	48	80	96
Hot Sauce (grams)	30	50	60
Sugar (tsp)	1	1½	2
Olive Oil for the Dressing (tbsp)	½	¾	1
Mayonnaise (tbsp)	1	1½	2

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	1675 kJ
Energy (kcal)	400 kcal
Fat	14.8 g
of which saturates	1.1 g
Carbohydrate	30 g
of which sugars	21.9 g
Dietary Fibre	7.5 g
Protein	42.2 g
Salt	1.37 g

Allergens

Sulphites

Always check the product labels for allergen information.



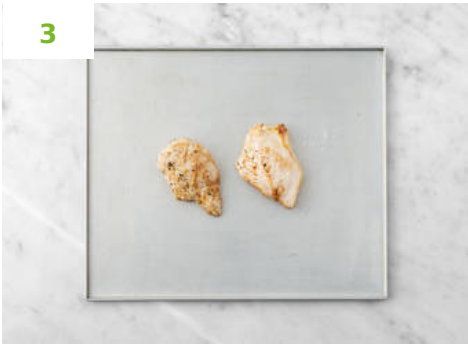
Get Prepping

Preheat your oven to 220°C/200°C fan/gas mark 7.
Trim the **Hokkaido pumpkin**, then halve lengthways and scoop out the seeds.
Cut the **pumpkin halves** into 2cm wide wedges (no need to peel), then halve the **wedges** widthways.



Roast the Pumpkin

Pop the **pumpkin** onto a large baking tray.
Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **Central American style spice mix**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.
When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



Time for the Chicken

Next, lay the **chicken** onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**. **TIP:** Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh.
Roast the **chicken** on the top shelf until cooked through, 25-30 mins.
IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Toss the Cabbage

Meanwhile, in a large bowl, combine the **cider vinegar** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.
Add the **red cabbage** to the **dressing** and toss to evenly coat. Set aside.
Trim and thinly slice the **spring onion**.



Add the Sauce

Once the **chicken** has cooked, transfer it to a medium bowl.
Drizzle over the **BBQ sauce** and toss the **chicken** to coat all over.



Serve

Share the **chicken breasts**, **pumpkin wedges** and **cabbage slaw** between your plates.
Drizzle the **hot sauce** and **mayonnaise** (see pantry for amount) over the **pumpkin**.
Sprinkle over the **spring onion** to finish.

Enjoy your meal!