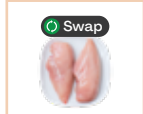




BBQ-Sauced Chicken Thighs

with Loaded Potatoes and Green Salad

Family Friendly 25-35 Minutes



Chicken Breasts
2 | 4

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca



Chicken Thighs
280 g | 560 g



BBQ Seasoning
1 tbsp | 2 tbsp



BBQ Sauce
4 tbsp | 8 tbsp



Russet Potato
2 | 4



Sour Cream
1 | 2



Cheddar Cheese, shredded
1/4 cup | 1/2 cup



Baby Spinach
56 g | 113 g



Red Wine Vinegar
1 tbsp | 2 tbsp



Green Onion
1 | 2



Carrot, julienned
56 g | 113 g

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | 2 baking sheets, large bowl, large non-stick pan, measuring spoons, paper towels, parchment paper

1



Prep and roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Arrange **potatoes** in a single layer.
- Roast in the **bottom** of the oven until tender, 23-25 min. (**NOTE:** For 4 ppl, roast in the top and bottom of the oven, rotating sheets halfway through.)

4



Roast chicken

- Transfer **chicken** to another parchment-lined baking sheet.
- Spread **BBQ sauce** over tops of **chicken**.
- Roast in the **middle** of the oven until cooked through, 10-12 min.**

2



Prep and marinate carrots

- Meanwhile, thinly slice **green onion**.
- Combine **vinegar**, **1 tsp** (2 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a large bowl.
- Add **carrots**. Season with **salt** and **pepper**, then toss to coat.

3



Prep and sear chicken

Swap | **Chicken Breasts**

- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **chicken** dry with paper towels, then season all over with **salt**, **pepper** and **BBQ Seasoning**.
- When hot, add ½ **tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Sear until golden-brown, 2-3 min per side.

5



Melt cheese on potatoes

- When **potatoes** are almost done, carefully remove from the oven.
- Arrange in the centre of the baking sheet. Sprinkle **cheese** over top.
- Return to the oven. Bake until **cheese** melts, 2-3 min.

6



Finish and serve

- Add **spinach** to the bowl with **carrots**, then toss to combine.
- Thinly slice **chicken**.
- Divide **chicken**, **potatoes** and **salad** between plates.
- Dollop **sour cream** over **potatoes**, then sprinkle with **green onions**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Prep and sear chicken

Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, cook them in the same way the recipe instructs you to cook the **chicken thighs****

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.