



Sticky-Sweet BBQ Chicken

with Sweet Potato Wedges and Ranch

Spicy

30 Minutes

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](https://www.hellofresh.ca)

Swap



Chicken Breasts
2 | 4

Swap



Tofu
1 | 2



Chicken Breast Tenders
310 g | 620 g



Sweet Potato
2 | 4



Baby Tomatoes
113 g | 227 g



Spring Mix
56 g | 113 g



Ranch Dressing
4 tbsp | 8 tbsp



White Wine Vinegar
1 tbsp | 2 tbsp



BBQ Seasoning
2 tbsp | 4 tbsp



Sweet Chili Sauce
4 tbsp | 8 tbsp

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, pepper, salt

Cooking utensils | Baking sheet, 2 large bowls, large non-stick pan, measuring spoons, paper towels, parchment paper, whisk

1



Roast sweet potato wedges

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

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes**, **half the BBQ Seasoning** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then toss to coat.
- Transfer to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets.) Arrange in a single layer.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 24-26 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



Make salad

- Meanwhile, halve **tomatoes**.
- Add **vinegar**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to another large bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix** and **tomatoes**, then toss to combine.

2



Prep chicken

🔄 Swap | **Chicken Breasts**

🔄 Swap | **Tofu**

- Meanwhile, pat **chicken** dry with paper towels.
- Add **chicken**, **remaining BBQ Seasoning** and **½ tbsp** (1 tbsp) **oil** to the same large bowl (from step 1).
- Season with **salt** and **pepper**, then toss to coat.

3



Pan-fry and glaze chicken

🔄 Swap | **Tofu**

- Heat a large non-stick pan over medium-high heat.
- When hot, add **chicken**. Pan-fry, flipping occasionally, until golden-brown and cooked through, 6-8 min.**
- Remove from heat, then add **sweet chili sauce**. Toss to coat.
- Cover to keep warm.

5



Finish and serve

- Divide **chicken**, **sweet potato wedges** and **salad** between plates. Spoon any **sauce** from the pan over **chicken**.
- Serve **ranch dressing** alongside for dipping.

Measurements
within steps

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

2 | Prep chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, cut into 1-inch-wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breast tenders**.

2 | Prep tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Cut into ½-inch strips. Season **tofu** in the same way the recipe instructs you to season the **chicken breast tenders**.

3 | Pan-fry and glaze tofu

🔄 Swap | **Tofu**

Cook and plate **tofu** in the same way the recipe instructs you to cook and plate the **chicken breast tenders**.

* 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.