



# BBQ Dry-Rub Chicken with Corn and Ranch Dressing

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

<b>↻</b> Swap	<b>*2</b> Double
Chicken Thighs 280 g   560 g	Chicken Breasts 4   8



Chicken Breasts 2   4	BBQ Seasoning 1 tbsp   2 tbsp
Corn Kernels 113 g   227 g	Ranch Dressing 4 tbsp   8 tbsp
Yellow Potato 350 g   700 g	Garlic Salt ½ tsp   1 tsp
Green Onion 1   2	

**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 | Unsalted butter, oil, salt, pepper

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

1



## Roast potatoes

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

- Cut **potatoes** into ¼-inch-thick rounds.
- Add **potatoes** and **1 tbsp oil** to an unlined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven until tender, 24-25 min.

4



## Mix ranch dressing

- Meanwhile, thinly slice **green onion**.
- In a small bowl, stir together **ranch** and **half the green onions**. Season with **salt** and **pepper**.

2



## Cook chicken

🔄 Swap | **Chicken Thighs**  
\*2 Double | **Chicken Breasts**

- While **potatoes** roast, pat **chicken** dry with paper towels.
- Combine **chicken**, **BBQ seasoning**, **¼ tsp** (½ tsp) **garlic salt** and **1 tbsp** (2 tbsp) **oil** in a medium bowl. Toss to coat.
- Arrange **chicken** in a single layer on another unlined baking sheet.
- Roast in the **middle** of the oven, flipping halfway through, until cooked through, 18-21 min.\*\*

3



## Cook corn

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted, 1 min.
- Add **corn** and **2 tbsp** (4 tbsp) **water**. Stir to combine. Cover and cook, stirring occasionally, until tender, 5-6 min. Season with **salt** and **pepper**.

5



## Finish and serve

- Slice **chicken**.
- Divide **chicken**, **corn** and **potatoes** between plates.
- Drizzle **some ranch dressing** over **corn**, then sprinkle with **remaining green onions**.
- Serve with **remaining ranch dressing** on the side.

Measurements  
within steps

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

## 2 | Cook chicken

🔄 Swap | **Chicken Thighs**

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

## 2 | Cook chicken

\*2 Double | **Chicken Breasts**

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.

\* 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.