



Baked Hot Honey Chicken

with BBQ-Spiced Sweet Potatoes and Snap Peas

Spicy

35 Minutes









Chicken Breasts 2 | 4
Tofu 1 | 2
Chicken Thighs 560 g | 1120 g

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)



- 
Chicken Thighs 280 g | 560 g
- 
Honey 2 | 4
- 
Jalapeño 1 | 1
- 
All-Purpose Flour 2 tbsp | 4 tbsp
- 
BBQ Seasoning 1 tbsp | 2 tbsp
- 
Sugar Snap Peas 113 g | 227 g
- 
Yellow Onion 1 | 1
- 
Chipotle Powder 1 tsp | 1 tsp
- 
Sweet Potato 2 | 4

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 | Pepper, salt, oil

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

1



Roast sweet potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Heat Guide for Step 4:**
 - Mild: ½ tbsp (1 tbsp)
 - Medium: 1 tbsp (2 tbsp)
 - Spicy: 1 ½ tbsp (3 tbsp)
 - Extra-spicy: 2 tbsp (4 tbsp)

- Cut **sweet potatoes** into ¼-inch wedges.
- Add **sweet potatoes**, **half the BBQ Seasoning** and **1 tbsp oil** to a parchment-lined baking sheet. (NOTE: For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss coat. Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



Make hot honey

- Finely chop **jalapeño**. (TIP: We suggest using gloves when prepping jalapeños.)
- Add **honey** and **1 tbsp** (2 tbsp) **jalapeños** to a small pot. (NOTE: Reference heat guide.)
- Heat over medium heat, stirring often, until **jalapeños** soften, 2-3 min.
- Season with **salt** and **pepper**, to taste. Remove from heat.

♦ 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.

2



Prep and bake chicken

🔄 Swap | **Chicken Breasts**

🔄 Swap | **Tofu**

*2 Double | **Chicken Thighs**

- Meanwhile, pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- Combine **remaining BBQ Seasoning**, ¼ tsp (½ tsp) **chipotle powder** and **flour** in a large bowl.
- Add **chicken**, then toss to coat. Transfer to another parchment-lined baking sheet.
- Drizzle with ½ **tbsp** (1 tbsp) **oil**. Flip and drizzle the other side with ½ **tbsp** (1 tbsp) **oil**.
- Bake **chicken** in the **top** of the oven, flipping halfway, until golden and cooked through, 14-16 min.**

5



Finish and serve

🔄 Swap | **Tofu**

- Thinly slice **chicken**.
- Divide **BBQ-spiced sweet potato**, **chicken** and **veggies** between plates.
- Drizzle **hot honey** over **chicken**.

3



Cook veggies

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) into ½-inch slices.
- Trim **snap peas**.
- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 tbsp) **oil**, then **onions** and **snap peas**.
- Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**, to taste.
- Transfer to a plate, then cover to keep warm.

Measurements within steps

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

2 | Prep and bake 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**.

2 | Prep and bake 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. Season and cook **tofu** in the same way the recipe instructs you to season and cook the **chicken thighs**, until golden.

2 | Prep and bake chicken

*2 Double | **Chicken Thighs**

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.

5 | Finish and serve

🔄 Swap | **Tofu**

Plate **tofu** in the same way the recipe instructs you to plate the **chicken thighs**.