

HELLO Baked Hot Honey Chicken With BBO-Spiced Sweet Potatoes and Span

with BBQ-Spiced Sweet Potatoes and Snap Peas

Spicy

35 Minutes











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 🦫



Breasts •

Thighs • 560 g | 1120 g



Chicken Thighs • 280 g | 560 g







All-Purpose Flour

2 tbsp | 4 tbsp

1 | 1



BBQ Seasoning



1 tbsp | 2 tbsp





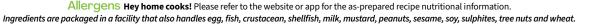
Yellow Onion 1 | 1



1tsp | 1tsp



Sweet Potato 2 | 4



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



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 parchmentlined 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.)



Make hot honeu

- 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.



Prep and bake chicken

🔘 Swap | Chicken Breasts 🕽

O Swap | Tofu

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.**



Finish and serve

🗘 Swap | Tofu

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



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

🔘 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.

1 tbsp

2 person

4 person

oil

Ingredient

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

😢 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

O Swap | Tofu

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