

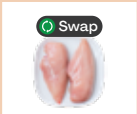


# Smart BBQ-Spiced Chicken

## with Warm Potato Salad and Green Onion Sour Cream

Smart Meal

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



- Chicken Breast Tenders  
310 g | 620 g
- BBQ Seasoning  
1 tbsp | 2 tbsp
- Red Potato  
300 g | 600 g
- Green Beans  
170 g | 340 g
- Dill Pickle, sliced  
90 ml | 90 ml
- Mayonnaise  
2 tbsp | 4 tbsp
- Whole Grain Mustard  
1 tbsp | 2 tbsp
- Garlic Salt  
1 tsp | 2 tsp
- Green Onion  
1 | 2
- Sour Cream  
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.

1



### Cook potatoes

- Before starting, wash and dry all produce.

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until almost fork-tender, 8-9 min. (**NOTE:** Potatoes will finish cooking in step 4.)

2



### Prep and make green onion sour cream

- Meanwhile, trim **green beans**, then cut into 1-inch pieces.
- Drain **pickles**, reserving **pickle juice**, then finely chop.
- Thinly slice **green onions**.
- Add **1 tbsp** (2 tbsp) **green onions** and **sour cream** to a small bowl. Season with **a pinch of garlic salt** and **pepper**, to taste, then stir to combine.

3



### Cook chicken

Swap | Chicken Breasts

- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **pepper**, **BBQ Seasoning** and **half the garlic salt**.
- When the pan is hot, add **½ tbsp oil**, then **chicken**. (**NOTE:** Cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Cook until golden-brown and cooked through, 3-4 min per side.\*\*

### 3 | Cook chicken

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, sear them in the same way the recipe instructs you to sear the **chicken breast tenders**, then increase the sear time to 6-7 min per side.

4



### Cook green beans

- After **potatoes** have cooked for 8-9 min, add **green beans** to the pot with **potatoes**. Cook until **potatoes** and **green beans** are fork-tender, 3-4 min.
- Drain and return **potatoes** and **green beans** to the same pot, off heat.

5



### Make potato salad

- Add **pickles**, **mustard**, **reserved pickle juice**, **mayo**, **remaining green onions** and **remaining garlic salt** to the pot with **potatoes** and **green beans**. Season with **pepper**, to taste, then stir to combine. (**TIP:** Add ½ tsp [1 tsp] sugar, if desired.)

6



### Finish and serve

- Divide **chicken** and **potato salad** between plates.
- Dollop **green onion sour cream** over **chicken**.

\* 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.