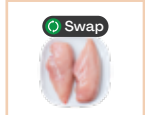




BBQ-Sauced Chicken Thighs

with Loaded Potatoes and Green Salad

Family Friendly 25 - 35 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](http://www.hellofresh.ca)



- Chicken Thighs*
280 g | 560 g
- BBQ Seasoning
1 tbsp | 2 tbsp
- BBQ Sauce
4 tbsp | 8 tbsp
- Yellow Potato
350 g | 700 g
- Sour Cream
1 | 2
- Cheddar Cheese, shredded
¼ cup | ½ cup
- Baby Spinach
56 g | 113 g
- Red Wine Vinegar
1 tbsp | 2 tbsp
- Green Onion
1 | 2
- Carrot, julienned
56 g | 113 g

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, salt, pepper

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

1



Prep and roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Halve **potatoes** lengthwise.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Arrange cut-side down.
- Roast in the **bottom** of the oven until tender, 20-22 min.

2



Prep and marinate carrots

- Meanwhile, thinly slice **green onion**.
- Combine **vinegar**, **1 tsp** (2 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a large bowl.
- Add **carrots**. Season with **salt** and **pepper**, then toss to coat.

3



Prep and sear chicken

- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **chicken** dry with paper towels, then season all over with **salt**, **pepper** and **BBQ Seasoning**.
- When hot, add **½ tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Sear until golden-brown, 2-3 min per side.

4



Roast chicken

- Transfer **chicken** to another parchment-lined baking sheet.
- Spread **BBQ sauce** over tops of **chicken**.
- Roast in the **middle** of the oven until cooked through, 10-12 min.**

5



Melt cheese on potatoes

- When **potatoes** are almost done, carefully remove from the oven.
- Flip **potatoes** over, then arrange in the centre of the baking sheet. Sprinkle **cheese** over top.
- Return to the **bottom** of the oven. Bake until **cheese** melts, 2-3 min.

6



Finish and serve

- Add **spinach** to the bowl with **carrots**, then toss to combine.
- Thinly slice **chicken**.
- Divide **chicken**, **potatoes** and **salad** between plates.
- Dollop **sour cream** over **potatoes**, then sprinkle with **green onions**.

Measurements
within steps

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

3 | Prep and sear chicken

Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, season and sear them the same way as the recipe instructs you to season and sear the **chicken thighs**. Increase roasting time in oven to 12-14 min.

* 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.