

HELLO BBQ-Sauced Chicken FRESH with Loaded Potatoos and Groon Sal

with Loaded Potatoes and Green Salad

Family Friendly 20-30 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 🦫











Chicken Breasts 2 4

BBQ Seasoning 1 tbsp | 2 tbsp



BBQ Sauce



4 tbsp | 8 tbsp

Yellow Potato 350 g | 700 g



Sour Cream



1 | 2







Baby Spinach 56 g | 113 g

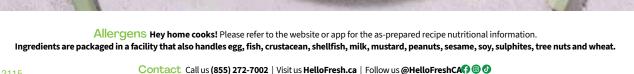
Red Wine Vinegar 1 tbsp | 2 tbsp



Green Onion 1 | 2



Carrot, julienned 56 g | 113 g



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



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 oil (2 tbsp) 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.



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.



Prep and sear chicken

🗘 Swap | Chicken Thighs

O Swap | Tofu

- 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.



Roast chicken

🗘 Swap | Tofu

- 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.**



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.



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 person 4 person

oil Ingredient

3 | Prep and sear chicken

O Swap | Chicken Thighs

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

3 | Prep and sear tofu

O Swap | Tofu

If you've opted to get **tofu**, pat **tofu** 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 sear tofu in the same way the recipe instructs you to season and sear the chicken breasts.

4 | Roast tofu

O Swap | Tofu

Spread **BBO** sauce over the tops of **tofu**. Roast in the **middle** of the oven until tender and golden, 6-8 min. Follow the rest of the recipe as written.

- * 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.