



# BBQ-Sauced Chicken

## with Loaded Potatoes and Green Salad

Family Friendly 20-30 Minutes

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)



- |   |   |
|---|---|
| <span>↻</span> Swap  | <span>↻</span> Swap  |
| Chicken Thighs <sup>+</sup><br>280 g   560 g  | Tofu<br>1   2   |
|                      |                      |
| Chicken Breasts <sup>+</sup><br>2   4   | BBQ Seasoning<br>1 tbsp   2 tbsp  |
|                      |                      |
| BBQ Sauce<br>4 tbsp   8 tbsp  | Yellow Potato<br>350 g   700 g  |
|                      |                      |
| Sour Cream<br>1   2   | Cheddar Cheese, shredded<br>¼ cup   ½ cup   |
|                     |                     |
| Baby Spinach<br>56 g   113 g  | Red Wine Vinegar<br>1 tbsp   2 tbsp   |
|                    |                    |
| Green Onion<br>1   2  | Carrot, julienned<br>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 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.

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

Swap | **Chicken Thighs**

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.

4



### 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.\*\*

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 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

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

Swap | **Tofu**

Spread **BBQ 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.