



Baked Hot Honey Chicken

with BBQ-Spiced Sweet Potatoes and Snap Peas

Spicy

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

Swap



Chicken Breasts*
2 | 4

Swap



Turkey Breast Portions
340 g | 680 g



Chicken Thighs*
280 g | 560 g



Honey
2 | 4



Jalapeño
1 | 1



All-Purpose Flour
2 tbsp | 4 tbsp



BBQ Seasoning
1 tbsp | 2 tbsp



Sugar Snap Peas
113 g | 227 g



Yellow Onion
1 | 1



Chipotle Powder
¼ tsp | ½ tsp



Sweet Potato
2 | 4

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



Roast sweet potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **sweet potatoes** into ¼-inch wedges.
- Add **sweet potatoes, half the BBQ Seasoning** and **1 tbsp oil** to a parchment-lined 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.)

2



Prep and bake chicken

- ◉ Swap | **Chicken Breasts**
- ◉ Swap | **Turkey Breast Portions**

- 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.**

3



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.

4



Make hot honey

- Finely chop **jalapeño**. (TIP: We suggest using gloves when prepping jalapeños.)
- Add **honey** and **1 tbsp** (2 **tbsp**) **jalapeños** to a small pot.
- Heat over medium heat, stirring often, until **jalapeños** soften, 2-3 min.
- Season with **salt** and **pepper**, to taste. Remove from heat.

5



Finish and serve

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

2 | Prep and bake chicken

◉ Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book, then season and cook it in the same way the recipe instructs you to season and cook the **chicken thighs**.

2 | Prep and bake turkey

◉ Swap | **Turkey Breast Portions**

If you've opted to get **turkey breast portions**, cut into **2 (4) equal pieces** parallel to the cutting board. Cook them in the same way the recipe instructs you to cook the **chicken breasts****.

♦ 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.