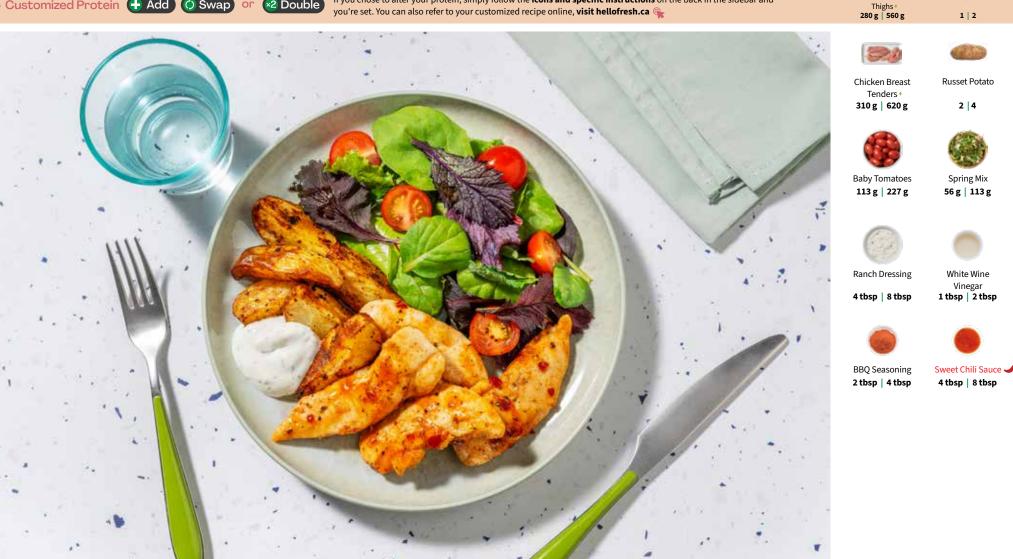


Spicy 30 Minutes

💫 Customized Protein 🔒 Add 2 Double 🜔 Swap) or

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 🚱



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.



🔿 Swap

Chicken

🚫 Swap

Tofu

1 2

### Pantry items | Sugar, oil, pepper, salt

Cooking utensils | B=aking sheet, 2 large bowl, large non-stick pan, measuring spoons, paper towels, parchment paper, whisk



### Roast potato wedges

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut potatoes into 1/2-inch wedges.
- Add potatoes, half the BBQ Seasoning and 1 tbsp (2 tbsp) oil to a large bowl. Season with salt and pepper, then toss to coat.
- Transfer to a parchment-lined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets.) Arrange in a single layer.
- Roast in the **middle** of the oven, flipping halfway through, until tender and goldenbrown, 24-26 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



# Make salad

- Meanwhile, halve tomatoes.
- Add **vinegar**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to another large bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Add spring mix and tomatoes, then toss to combine.



# Prep chicken

## 🜔 Swap | Chicken Thighs



- Meanwhile, pat **chicken** dry with paper towels.
- Add chicken, remaining BBQ Seasoning and ½ tbsp (1 tbsp) oil to the same large bowl (from step 1).
- Season with **salt** and **pepper**, then toss to coat.



# Pan-fry and glaze chicken

#### 🔇 Swap | Tofu

- Heat a large non-stick pan over medium-high heat.
- When hot, add chicken. Pan-fry, flipping occasionally, until golden-brown and cooked through, 6-8 min.\*\*
- Remove from heat, then add **sweet chili sauce**. Toss to coat.
- Cover to keep warm.



# 2 | Prep chicken

#### 🔇 Swap | Chicken Thighs

If you've opted to get **chicken thighs**, cut into 1-inch-wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breast tenders**.

## 2 | Prep tofu

#### 🔇 Swap | Tofu 🕽

If you've opted to get **tofu**, pat **tofu** dry with paper towels. Using a fork, poke **tofu** all over, then cut into 1-inch pieces. Add **tofu** and **1 tbsp** (2 tbsp) **oil** along with **remaining BBQ Seasoning**. Season with **salt** and **pepper**, then toss to coat.

## 3 | Pan-fry and glaze tofu

#### 🜔 Swap | Tofu 🕽

When the pan is hot, add **tofu**. Pan-fry, flipping occasionally, until crispy and golden-brown all over, 6-7 min. Follow the rest of the recipe as written.



## Finish and serve

- Divide chicken, potato wedges and salad between plates. Spoon any sauce from the pan over chicken.
- Serve ranch dressing alongside for dipping.

• 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.