

# HELLO BBQ Dry-Rub Chicken with Corn and Ranch Dressing

with Corn and Ranch Dressing

30 Minutes





Thighs \* 280 g | 560 g





2 | 4





Corn Kernels 113 g | 227 g



Ranch Dressing 4 tbsp | 8 tbsp



Yellow Potato

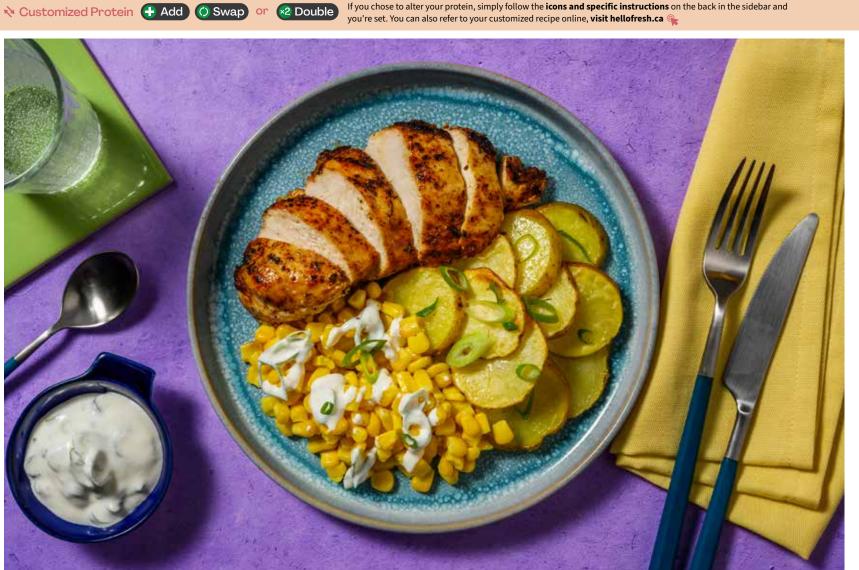


350 g | 700 g

Garlic Salt 1 tsp | 1 tsp



Green Onion 1 2



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



# Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into 1/4-inch thick rounds.
- Add potatoes and 1 tbsp oil to an unlined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with ¼ tsp (½ tsp) garlic salt and pepper, then toss to coat.
- Roast in the **top** of the oven until tender, 24-25 min.



## Cook chicken

🚫 Swap | Chicken Thighs

O Swap | Tofu

#### 🛾 Double | Chicken Breasts

- While potatoes roast, pat chicken dry with paper towels.
- Combine chicken, BBQ seasoning, ¼ tsp
  (½ tsp) garlic salt and 1 tbsp (2 tbsp) oil in a
  medium bowl. Toss to coat.
- Arrange chicken in a single layer on another unlined baking sheet.
- Roast in the middle of the oven, flipping halfway through, until cooked through, 18-21 min.\*\*



# Cook corn

- · Heat a large non-stick pan over medium heat.
- When hot, add 1 tbsp (2 tbsp) butter, then swirl the pan until melted, 1 min.
- Add corn and 2 tbsp (4 tbsp) water. Stir to combine. Cover and cook, stirring occasionally, until tender, 5-6 min. Season with salt and pepper.



# Mix ranch dressing

- Meanwhile, thinly slice green onion.
- In a small bowl, stir together ranch and half the green onions. Season with salt and pepper.



## Finish and serve

#### 🗘 Swap | Tofu

- Slice chicken.
- Divide chicken, corn and potatoes between plates.
- Drizzle some ranch dressing over corn, then sprinkle with remaining green onions.
- Serve with remaining ranch dressing on the side.

Measurements within steps

2 person 4 person

4 person Ingredient

oil

## 2 | Cook chicken

#### O Swap | Chicken Thighs

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

## 2 Cook 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 **tofu** in the same way the recipe instructs you to season the **chicken breasts**. Roast in the **middle** of the oven, flipping halfway through, until tender and golden, 8-10 min.

#### 2 | Cook chicken

#### 2 Double | Chicken Breasts

If you've opted for **double chicken**, prep and cook in the same way the recipe instructs you to cook the **regular portion of chicken**.

## 5 | Finish and serve

#### 🔘 Swap | Tofu

Plate **tofu** in the same way the recipe instructs you to plate 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.