



BBQ Dry-Rub Chicken

with Corn and Ranch Dressing

30 Minutes



Chicken Thighs ⁺
280 g | 560 g

Tofu
1 | 2

Chicken Breasts ⁺
4 | 8

↗ 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)



Chicken Breasts ⁺
2 | 4



BBQ Seasoning
1 tbsp | 2 tbsp



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.

Pantry items | Unsalted butter, oil, salt, pepper

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

1



Roast potatoes

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

- Cut **potatoes** into ¼-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.

2



Cook chicken

🔄 Swap | **Chicken Thighs**

🔄 Swap | **Tofu**

*2 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.**

3



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**.

4



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**.

5



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

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Cook chicken

🔄 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

🔄 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.