



Smart BBQ-Spiced Chicken

with Warm Potato Salad and Green Onion Sour Cream

Smart Meal 30 Minutes

Customized Protein

+ Add

Swap

or

x2 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



Plant-Based Protein Shreds
200 g | 400 g



Chicken Breast Tenders
310 g | 620 g



BBQ Seasoning
1 tbsp | 2 tbsp



Red Potato
300 g | 600 g



Green Beans
170 g | 340 g



Dill Pickle, sliced
90 ml | 90 ml



Mayonnaise
2 tbsp | 4 tbsp



Whole Grain Mustard
1 tbsp | 2 tbsp



Garlic Salt
1 tsp | 2 tsp



Green Onion
1 | 2



Sour Cream
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 | Pepper, oil, salt

Cooking utensils | Large non-stick pan, large pot, measuring spoons, paper towels, small bowl, strainer

1



Cook potatoes

- Before starting, wash and dry all produce.

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until almost fork-tender, 8-9 min. (**NOTE:** Potatoes will finish cooking in step 4.)

4



Cook green beans

- After **potatoes** have cooked for 8-9 min, add **green beans** to the pot with **potatoes**. Cook until **potatoes** and **green beans** are fork-tender, 3-4 min.
- Drain and return **potatoes** and **green beans** to the same pot, off heat.

2



Prep and make green onion sour cream

- Meanwhile, trim **green beans**, then cut into 1-inch pieces.
- Drain **pickles**, reserving **pickle juice**, then finely chop.
- Thinly slice **green onions**.
- Add **1 tbsp** (2 tbsp) **green onions** and **sour cream** to a small bowl. Season with **a pinch of garlic salt** and **pepper**, to taste, then stir to combine.

5



Make potato salad

- Add **pickles**, **mustard**, **reserved pickle juice**, **mayo**, **remaining green onions** and **remaining garlic salt** to the pot with **potatoes** and **green beans**. Season with **pepper**, to taste, then stir to combine. (**TIP:** Add ½ tsp [1 tsp] sugar, if desired.)

3



Cook chicken

Swap | [Chicken Breasts](#)

Swap | [Plant-Based Protein Shreds](#)

- Heat a large non-stick pan over medium.
- While the pan heats, pat **chicken** dry with paper towels. Season with **pepper**, **BBQ Seasoning** and **half the garlic salt**.
- When the pan is hot, add ½ **tbsp oil**, then **chicken**. (**NOTE:** Cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Cook until golden-brown and cooked through, 3-4 min per side.**

6



Finish and serve

- Divide **chicken** and **potato salad** between plates.
- Dollop **green onion sour cream** over **chicken**.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook chicken

Swap | [Chicken Breasts](#)

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

3 | Cook plant-based protein shreds

Swap | [Plant-Based Protein Shreds](#)

If you've opted to get **plant-based protein shreds**, when the pan is hot, add ½ **tbsp oil**, then **plant-based protein shreds**. (**NOTE:** Cook in 2 batches for 4 servings, using ½ **tbsp oil** per batch.) Season with **pepper**, **BBQ Seasoning** and **half the garlic salt**. Cook, tossing occasionally for 6-8 min, until cooked through.**

♦ 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.