

HELLO Smart BBQ-Spiced Chicken With Warm Potato Salad and Green Onion Sour

with Warm Potato Salad and Green Onion Sour Cream

Smart Meal

(C) Swap

30 Minutes





If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and ×2 Double

Breasts

Protein Shreds 200 g | 400 g





Chicken Breast **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







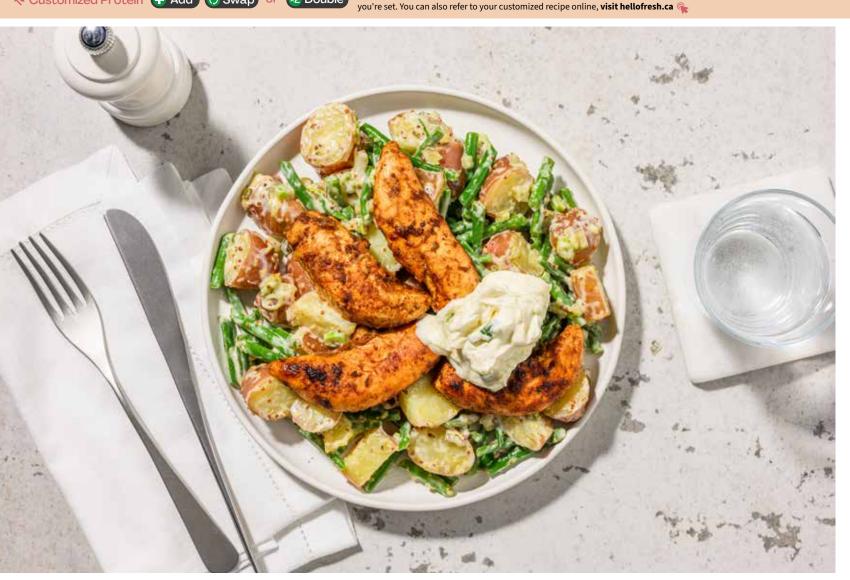
1tsp | 2tsp



Green Onion 1 | 2



Sour Cream 1 | 2



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



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.)



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.



Cook chicken

O 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, BBO 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.**



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 forktender, 3-4 min.
- Drain and return potatoes and green beans to the same pot, off heat.



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.)



Finish and serve

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

Measurements within steps

1 tbsp

oil 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

O 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 1/2 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.