



Hot 'n' Honey Chicken Tenders

with BBQ Potato Coins and Tomato Side Salad

Spicy

25 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

Double



Chicken Breast Tenders
620 g | 1240 g



Chicken Breast Tenders
310 g | 620 g



Yellow Potato
350 g | 700 g



Baby Tomatoes
113 g | 227 g



Ranch Dressing
4 tbsp | 8 tbsp



Chili-Garlic Sauce
1 tbsp | 2 tbsp



Honey
2 | 4



BBQ Seasoning
1 tbsp | 2 tbsp



White Wine Vinegar
1 tbsp | 1 tbsp



Spring Mix
56 g | 113 g

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 | Oil, sugar, pepper, salt

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

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Remove any brown spots from **potatoes** and cut into ¼-inch rounds.
- To a parchment-lined baking sheet, add **potatoes**, ½ **tbsp** (1 **tbsp**) **BBQ Seasoning** and **1 tbsp** (2 **tbsp**) **oil**. Season with **salt** and **pepper**, then toss to coat.
- Arrange in a single layer. (**TIP:** Don't overcrowd the potatoes! If they don't fit in a single layer without overlapping, divide them between two baking sheets.)
- Roast in the **middle** of the oven for 20-22 min, flipping halfway through, until tender and golden.

4



Cook chicken

🔄 Swap | **Chicken Breasts**

✖2 Double | **Chicken Breast Tenders**

- Heat a large non-stick pan over medium-high.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **remaining BBQ Seasoning**.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear for 1-2 min per side, until golden.
- Transfer to an unlined baking sheet.
- Roast in the **top** of the oven 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 165°F.

2



Prep and marinate tomatoes

- Meanwhile, halve **tomatoes**.
- To a large bowl, add **half the vinegar** (use all for 4 servings), ¼ **tsp** (½ **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil**. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes**, then toss to coat. Set aside.

5



Finish and serve

- To the bowl with **marinated tomatoes**, add **spring mix**, then toss to combine.
- Divide **chicken**, **potato coins** and **salad** between plates.
- Drizzle **BBQ-honey sauce** over **chicken**. Top with **chili-garlic sauce**, if you like.
- Serve **ranch dressing** alongside for dipping.

3



Make sauce

- In a small microwavable bowl, combine **honey** and ½ **tsp** (1 **tsp**) **BBQ Seasoning**.
- Microwave for 10-30 sec, until warm. Stir to combine.

Measurements within steps | **1 tbsp** (2 **tbsp**) **oil**
2-serving 4-serving 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.

4 | 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 **chicken breast tenders**.

4 | Cook chicken

✖2 Double | **Chicken Breast Tenders**

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