



BBQ-Sauced Chicken

with Loaded Potatoes and Green Salad

Family Friendly 25-35 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](http://www.hellofresh.ca)

Swap



Chicken Thighs
280 g | 560 g

Swap



Tofu
1 | 2

Double



Chicken Breasts
4 | 8



Chicken Breasts
2 | 4



BBQ Seasoning
1 tbsp | 2 tbsp



BBQ Sauce
4 tbsp | 8 tbsp



Russet Potato
2 | 4



Sour Cream
1 | 2



Cheddar Cheese, shredded
1/4 cup | 1/2 cup



Baby Spinach
56 g | 113 g



Red Wine Vinegar
1 tbsp | 2 tbsp



Green Onion
1 | 2



Carrot, julienned
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 | Sugar, oil, salt, pepper

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

1



Prep and roast potatoes

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

- Halve **potatoes** lengthwise.
- To a parchment-lined baking sheet, add **potatoes** and **1 tbsp oil** (2 tbsp). Season with **salt** and **pepper**, then toss to coat.
- Arrange **potatoes** cut-side down.
- Roast in the **bottom** of the oven for 20-22 min, until tender.

4



Roast chicken

- Transfer **chicken** to another parchment-lined baking sheet.
- Spread **BBQ sauce** over tops of **chicken**.
- Roast in the **middle** of the oven for 10-12 min, until cooked through.**

2



Prep and marinate carrots

- Meanwhile, thinly slice **green onion**.
- In a large bowl, combine **vinegar**, **1 tsp** (2 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil**.
- Add **carrots**. Season with **salt** and **pepper**, then toss to coat.

5



Melt cheese on potatoes

- When **potatoes** are almost done, carefully remove them from the oven.
- Flip **potatoes** over, then arrange in the centre of the baking sheet. Sprinkle **cheese** over top.
- Return to the **bottom** of the oven. Bake for 2-3 min, until **cheese** melts.

3



Prep and sear chicken

🔄 Swap | **Chicken Thighs**

🔄 Swap | **Tofu**

*2 Double | **Chicken Breasts**

- Heat a large non-stick pan over medium.
- While the pan heats, pat **chicken** dry with paper towels, then season all over with **salt**, **pepper** and **BBQ Seasoning**.
- When the pan is hot, add $\frac{1}{2}$ **tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches for 4 servings, using $\frac{1}{2}$ **tbsp oil** per batch.) Sear for 2-3 min per side, until golden.

6



Finish and serve

🔄 Swap | **Tofu**

- Add **spinach** to the bowl with **carrots**, then toss to combine.
- Thinly slice **chicken**.
- Divide **chicken**, **potatoes** and **salad** between plates.
- Dollop **sour cream** over **potatoes**, then sprinkle with **green onions**.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2-serving	4-serving	Ingredient

For 6 servings

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 | Prep and sear chicken

🔄 Swap | **Chicken Thighs**

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

3 | Prep and sear tofu

🔄 Swap | **Tofu**

If you've opted to get **tofu**, pat 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 and cook **tofu** the same way the recipe instructs you to season and cook **chicken**, decreasing roasting time to 6-8 min, until golden.

3 | Prep and sear chicken

*2 Double | **Chicken Breasts**

If you've opted for **double chicken**, 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.

6 | Finish and serve

🔄 Swap | **Tofu**

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

* 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.