



BBQ-Sauced Chicken Wraps

with Potato Coins and Ranch

Family Friendly

Protein Plus

35-45 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)

Chicken Breast
Tenders +
310 g | 620 g

Tofu
1 | 2

Chicken
Breasts +
4 | 8



Chicken Breasts +
2 | 4



All-Purpose Flour
2 tbsp | 4 tbsp



Garlic Salt
½ tsp | 1 tsp



BBQ Sauce
4 tbsp | 8 tbsp



Flour Tortillas
6 | 12



Spring Mix
28 g | 56 g



Tomato
1 | 2



Russet Potato
2 | 4



BBQ Seasoning
1 tbsp | 2 tbsp



Ranch Dressing
4 tbsp | 8 tbsp



Chives
7 g | 7 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.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

Pantry items | Butter, oil, salt, pepper

Cooking utensils | Baking sheet, measuring spoons, parchment paper, paper towels, small bowl, large bowl, large non-stick pan, aluminum foil

1



Roast potato coins

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

- Remove any brown spots from **potatoes**, then cut into ¼-inch rounds.
- To a parchment-lined baking sheet, add **potatoes** and **1 tbsp oil**. (**NOTE:** For 4 servings, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **BBQ Seasoning**, **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven for 22-24 min, flipping halfway through, until tender and golden. (**NOTE:** For 4 servings, roast in the middle and the top of the oven, rotating sheets halfway through.)

4



Warm tortillas (optional)

- Wrap **tortillas** in foil, then place in the **top** of the oven for 4-5 min until warm. (**TIP:** You can skip this step if you don't want to warm the tortillas!)

2



Prep

🔄 Swap | **Chicken Breast Tenders**

🔄 Swap | **Tofu**

✖2 Double | **Chicken Breasts**

- Meanwhile, cut **tomato** into ¼-inch pieces.
- Thinly slice **chives**.
- In a small bowl, stir together **chives**, **ranch dressing** and **¼ tsp (¼ tsp) pepper**. Set aside.
- In a large bowl, combine **flour** and **half the garlic salt** (use all for 4 servings).
- Pat **chicken** dry with paper towels, then on a separate cutting board, carefully slice **each chicken breast** in half, parallel to the cutting board. (**NOTE:** You will have 4 pieces of chicken for 2 servings and 8 pieces for 4 servings.)
- Add **chicken** to the **flour mixture**, then toss to coat.

5



Make BBQ sauce

- Meanwhile, reheat the same pan (from step 3) over medium-low.
- When hot, add **2 tbsp (4 tbsp) butter**. Swirl until melted.
- Remove the pan from heat, then add **BBQ sauce**. Stir until combined.

3



Cook chicken

🔄 Swap | **Chicken Breast Tenders**

- Heat a large non-stick pan over medium.
- When hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** Don't crowd the pan; cook chicken in 2 batches for 4 servings, using 1 tbsp oil per batch.) Cook for 4-5 min per side, until golden and cooked through.**
- Transfer **chicken** to a plate, then cover to keep warm.
- Carefully wipe the pan clean with paper towels.

6



Finish and serve

- Thinly slice **chicken**, then add to the pan with **BBQ sauce**. Season with **salt** and **pepper**, then stir to coat.
- Divide **tortillas** and **potato coins** between plates.
- Top **tortillas** with **spring mix**, **tomatoes**, **half the ranch mixture**, then **chicken**.
- Spoon **any remaining BBQ sauce** from the pan over top.
- Serve **remaining ranch mixture** alongside for dipping.

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.

2 | Prep

🔄 Swap | **Chicken Breast Tenders**

If you've opted to get **chicken breast tenders**, skip the step to slice **chicken**. Pat **chicken** dry with paper towels, then toss in the **flour mixture**.

2 | Prep

🔄 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 cook time to 2-3 min per side, until golden.

2 | Prep

✖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**. Cook in batches if necessary.

3 | Cook chicken

🔄 Swap | **Chicken Breast Tenders**

When the pan is hot, add **½ tbsp (1 tbsp) oil**, then **chicken**. Sear for 3-4 min per side, until **chicken** is golden and cooked through.** Follow the rest of the recipe as written.

♦ 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.