



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)

| | |
|---|---|
|  |  |
|  |  |
| Chicken Breasts 2 4 | Tofu 1 2 |



| | |
|---|---|
|  |  |
| 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.

- Remove any brown spots from **potatoes**, then cut into 1-inch pieces.
- To a large pot, add **potatoes**, **2 tsp salt** and enough water to cover (by approx. 1 inch). (Use same for 4 servings.) Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered for 8-9 min, until almost fork-tender. (**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 for 3-4 min, until **potatoes** and **green beans** are fork-tender.
- 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**.
- To a small bowl, add **1 tbsp** (2 tbsp) **green onions** and **sour cream**. Season with a **pinch of garlic salt** and **pepper**, to taste, then stir to combine.

5



Make potato salad

- To the pot with **potatoes** and **green beans**, add **pickles**, **mustard**, **reserved pickle juice**, **mayo**, **remaining green onions** and **remaining garlic salt**. 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 | Tofu

- 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 servings, using ½ tbsp oil per batch.) Cook for 3-4 min per side, until golden and cooked through.**

6



Finish and serve

Swap | Tofu

- 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 **chicken breast tenders**.

3 | Cook 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 **tofu** the same way the recipe instructs you to season **chicken breast tenders**. When the pan is hot, add **1 tbsp oil**, then **tofu**. (**NOTE:** Cook tofu in 2 batches for 4 servings, using 1 tbsp oil per batch.) Cook for 2-3 min per side, until golden.

6 | Finish and serve

Swap | Tofu

Slice **tofu**, if desired. Plate **tofu** in the same way the recipe instructs you to plate the **chicken breast tenders**.

♦ 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, as size may vary.