

Baked Hot Honey Chicken

with BBQ-Spiced Potatoes and Snap Peas

Spicy

35 Minutes





Chicken Thighs











Jalapeño

All-Purpose Flour





Sugar Snap Peas

BBQ Seasoning

Yellow Potato



Yellow Onion



Chipotle Powder

Start here

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

Measurements 1 tbsp (2 tbsp) oil within steps 2 person 4 person Ingredient

Heat Guide for Step 4:

- Mild: 1/2 tbsp (1 tbsp) Medium: 1 tbsp (2 tbsp)
- Spicy: 1 1/2 tbsp (3 tbsp) Extra-spicy: 2 tbsp (4 tbsp)

Bust out

2 Baking sheets, measuring spoons, large bowl, parchment paper, small pot, large non-stick pan, paper towels

Ingredients

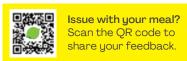
	2 Person	4 Person
Chicken Thighs •	280 g	560 g
Chicken Breasts •	2	4
Honey	2 tbsp	4 tbsp
Jalapeño 🤳	1	1
All-Purpose Flour	2 tbsp	4 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Yellow Potato	350 g	700 g
Sugar Snap Peas	113 g	227 g
Yellow Onion	56 g	113 g
Chipotle Powder 🤳	1/4 tsp	½ tsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- * Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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.





Roast potatoes

- Cut potatoes into 1/4-inch wedges.
- Add potatoes and 1 tbsp (2 tbsp) oil and half the BBQ Seasoning to an unlined baking sheet. Season with salt and pepper, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and goldenbrown, 23-25 min.



Make hot honey

- Finely chop **jalapeño**. (TIP: We suggest using gloves when prepping jalapeños!)
- Add **honey** and **1 tbsp jalapeños** to a small pot. Heat over medium heat, stirring often, until **jalapeños** soften, 2-3 min. (NOTE: Reference heat guide.)
- Season with **salt** and **pepper**, to taste. Remove from heat.



Prep and bake chicken

- Meanwhile, pat chicken dry with paper towels. Season with salt and pepper.
- Combine **remaining BBQ Seasoning**, **¼ tsp** (½ tsp) **chipotle powder** and **flour** in a large bowl.
- Add **chicken**, then toss to coat.
- Transfer **chicken** to a parchment-lined baking sheet. Drizzle with ½ **tbsp** (1 tbsp) **oil**, then flip and drizzle other side with **another** ½ **tbsp** (1 tbsp) **oil**.
- Bake in the top of the oven, flipping halfway, until cooked through and golden,
 14-16 min.***

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



Finish and serve

- Thinly slice chicken.
- Divide **potato wedges**, **chicken** and **veggies** between plates.
- Drizzle hot honey over chicken.

Dinner Solved!



- Meanwhile, peel, then cut half the onion into ½-inch slices (whole onion for 4 ppl).
- Trim snap peas.
- Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **onions** and **snap peas**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**, to taste.
- Transfer to a plate, then cover to keep warm.