



# Baked Hot Honey Chicken

## with BBQ-Spiced Potatoes and Snap Peas

Spicy

35 Minutes

Custom Recipe

+ Add

Swap

or

\*2 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

Swap



Tofu  
1 | 2



Chicken Thighs\*  
280 g | 560 g



Honey  
2 | 4



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  
½ | 1



Chipotle Powder  
¼ tsp | ½ tsp

**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 | Salt, oil, pepper

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

1



## Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- **Heat Guide for Step 4:**
  - Mild: ½ tbsp (1 tbsp)
  - Medium: 1 tbsp (2 tbsp)
  - Spicy: 1 ½ tbsp (3 tbsp)
  - Extra-Spicy: 2 tbsp (4 tbsp)

- Cut **potatoes** into ¼-inch wedges.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** and **half the BBQ Seasoning** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 23-25 min.

4



## Make hot honey

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

♦ 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 74°C/165°F, as size may vary.

2



## Prep and bake chicken

Swap | Chicken Breasts

Swap | Tofu

- 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 to a parchment-lined baking sheet. Drizzle **chicken** 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 golden and cooked through, 14-16 min.\*\*

5



## Finish and serve

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

3



## Cook veggies

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) into ½-inch slices.
- Trim **snap peas**.
- Heat a large non-stick pan over medium-high heat.
- When the pan is 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.

Measurements  
within steps

1 tbsp (2 tbsp) oil  
2 person 4 person Ingredient

## 2 | Prep and bake chicken breast

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, cover **each breast** with plastic wrap. Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each chicken breast** until ½-inch thick. Season and cook them the same way the recipe instructs you to season and cook the **chicken thighs**.\*

## 2 | Prep and bake tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (**NOTE:** You will have 2 square tofu "steaks" per block.) Season and cook **tofu** the same way the recipe instructs you to season and cook the **chicken**.



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