



Baked Hot Honey Chicken

with BBQ-Spiced Potatoes and Snap Peas

Spicy

35 Minutes

Customized Protein

+ 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.

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 another parchment-lined baking sheet.
- Drizzle with **½ tbsp** (1 tbsp) **oil**. Flip and drizzle the other side with **½ tbsp** (1 tbsp) **oil**.
- Bake **chicken** in the **top** of the oven, flipping halfway, until golden and cooked through, 14-16 min.**

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.

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.

5



Finish and serve

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

Measurements within steps

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

2 | Prep and bake chicken breasts

Swap | Chicken Breasts

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**.

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.) Prepare, cook and plate in the same way the recipe instructs you to prepare, cook and 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 74°C/165°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.