



# BBQ Dry-Rub Chicken

with Corn and Ranch Dressing

35 Minutes



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Chicken Breasts



Chicken Thighs



BBQ Seasoning



Corn Kernels



Ranch Dressing



Yellow Potato



Garlic Salt



Green Onion

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

### HELLO RANCH DRESSING

*This tangy ranch dressing is the perfect condiment for dipping!*

## Start here

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

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

## Bust out

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

## Ingredients

|                   | 2 Person | 4 Person |
|-------------------|----------|----------|
| Chicken Breasts ♦ | 2        | 4        |
| Chicken Thighs ♦  | 280 g    | 560 g    |
| BBQ Seasoning     | 1 tbsp   | 1 tbsp   |
| Corn Kernels      | 113 g    | 227 g    |
| Ranch Dressing    | 4 tbsp   | 8 tbsp   |
| Yellow Potato     | 350 g    | 700 g    |
| Garlic Salt       | ½ tsp    | 1 tsp    |
| Green Onion       | 1        | 2        |
| Unsalted Butter*  | 1 tbsp   | 2 tbsp   |
| Oil*              |          |          |
| Salt and Pepper*  |          |          |

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

♦ 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 ¼-inch thick rounds.
- Add **potatoes** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with ¼ **tsp** (½ **tsp**) **garlic salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven, until tender, 25-28 min.



### Mix ranch dressing

- Meanwhile, thinly slice **green onion**.
- In a small bowl, stir together **ranch** and **half the green onions**. Season with **salt** and **pepper**. Set aside.



### Cook chicken

- While **potatoes** roast, pat **chicken** dry with paper towels.
- Combine **chicken**, **BBQ seasoning**, ¼ **tsp** (½ **tsp**) **garlic salt** and **1 tbsp** (2 **tbsp**) **oil** in a medium bowl. Toss to coat.
- Arrange **chicken** in a single layer on another unlined baking sheet.
- Roast in **middle** of oven, flipping halfway through, until cooked through, 18-21 min.\*\*

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



### Finish and serve

- Slice **chicken**.
- Divide **chicken**, **corn** and **potatoes** between plates.
- Drizzle **some ranch mix** over **corn**, then sprinkle with **remaining green onions**.
- Serve with **remaining ranch mix** on the side.



### Cook corn

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 **tbsp**) **butter**, then swirl the pan until melted, 1 min.
- Add **corn** and **2 tbsp** (4 **tbsp**) **water**. Stir to combine. Cover and cook, stirring occasionally, until tender, 5-6 min. Season with **salt** and **pepper**.

## Dinner Solved!



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