



BBQ-Style Chicken Dinner

with Potato Salad and Sugar Snap Peas

30 Minutes



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Chicken Thighs



Chicken Breasts



Yellow Potato



Carrot



Sugar Snap Peas



BBQ Sauce



Mayonnaise



Garlic Puree



Southwest Spice Blend

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 BBQ SAUCE

This sauce is the perfect blend of sweet, savoury and smoky!

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

Baking sheet, vegetable peeler, colander, measuring spoons, silicone brush, aluminum foil, large bowl, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
Yellow Potato	350 g	700 g
Carrot	170 g	340 g
Sugar Snap Peas	113 g	227 g
BBQ Sauce	4 tbsp	8 tbsp
Mayonnaise	2 tbsp	4 tbsp
Garlic Puree	1 tbsp	2 tbsp
Southwest Spice Blend	1 tbsp	2 tbsp
Sugar*	¼ 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.



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Cook potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain **potatoes**.



Cook veggies

- Meanwhile, heat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **carrots**. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Add **snap peas**. Cook, stirring occasionally, until **veggies** are tender, 3-4 min.
- Add **half the garlic puree**. Cook, stirring occasionally until fragrant, 30 sec.



Prep

- Meanwhile, trim **snap peas**.
- Peel, then cut **carrot** into ¼-inch coins.
- Pat **chicken** dry with paper towels, then season with **Southwest Spice Blend**, **salt** and **pepper**.



Make potato salad

- When **potatoes** are done, combine **mayo**, **remaining garlic puree** and **¼ tsp** (½ tsp) **sugar** in a large bowl.
- Add **potatoes**. Season with **salt** and **pepper**, then stir to combine.



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Cook until golden-brown, 2-3 min per side.
- Transfer **chicken** to a foil-lined baking sheet, then brush with **half the BBQ sauce**.
- Roast **chicken** in the **middle** of the oven until cooked through, 8-10 min.**
- Carefully wipe the pan clean.

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **chicken thighs**, then increase the roast time to 10-14-min.**



Finish and serve

- Divide **chicken**, **veggies** and **potato salad** between plates.
- Serve **remaining BBQ sauce** on the side for dipping.

Dinner Solved!