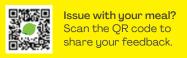


BBQ-Style Chicken Dinner

with Potato Salad and Sugar Snap Peas

30 Minutes





Chicken Thighs





Yellow Potato



Carrot





BBQ Sauce

Sugar Snap Peas



Mayonnaise



Garlic Puree



Southwest Spice Blend



HELLO BBQ SAUCE

Start here

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

Measurements 1 tbsp (2 tbsp) within steps 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*	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.





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.



Prep

- Meanwhile, trim snap peas.
- Peel, then cut **carrot** into 1/4-inch coins.
- Pat **chicken** dry with paper towels, then season with Southwest Spice Blend, salt and **pepper**.



Cook chicken

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1/2 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 BBO 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.**



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.



Make potato salad

- When **potatoes** are done, combine **mayo**, remaining garlic puree and 1/4 tsp (1/2 tsp) sugar in a large bowl.
- · Add potatoes. Season with salt and **pepper**, then stir to combine.



Finish and serve

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

Dinner Solved!