



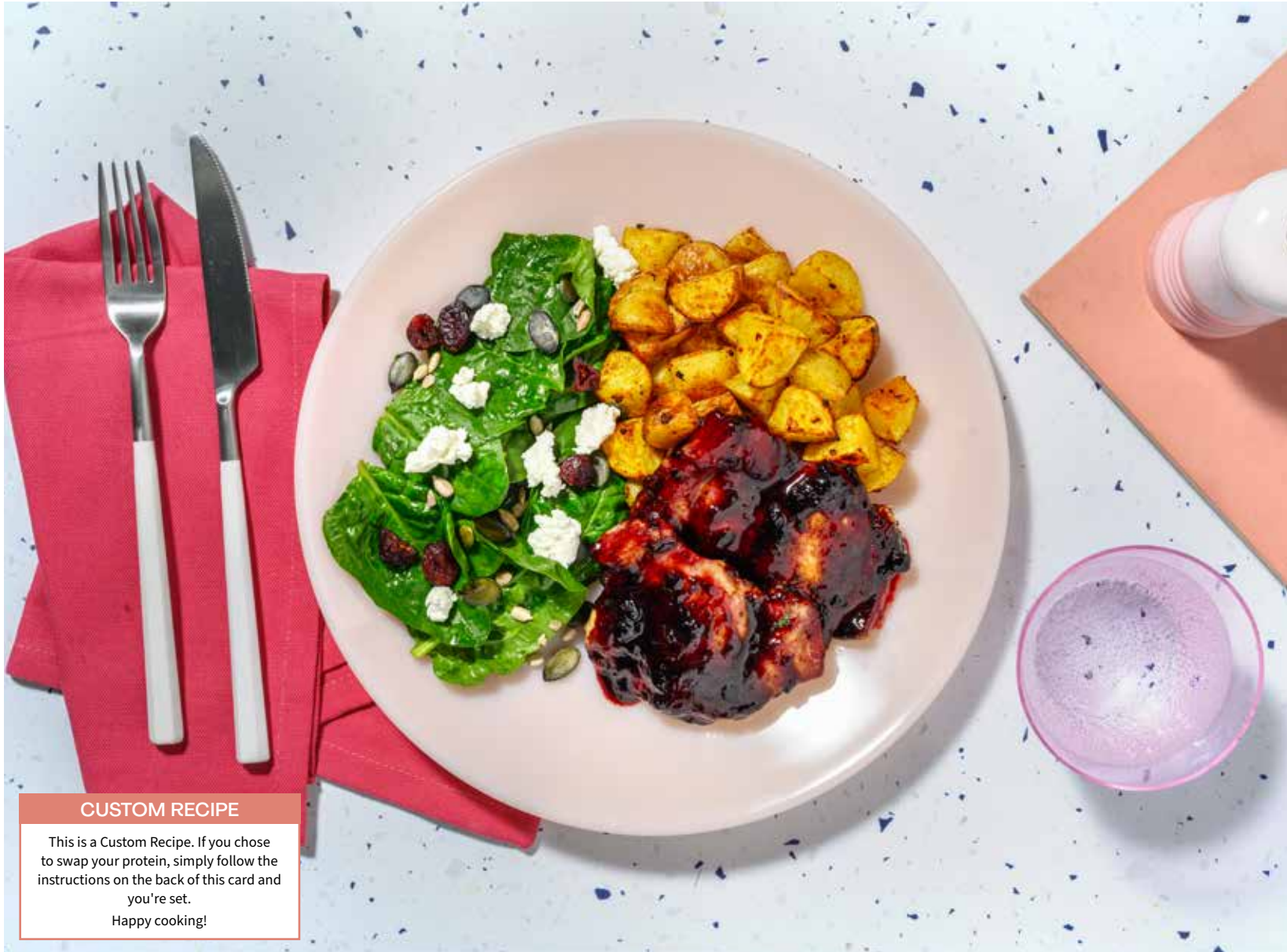
Blueberry-BBQ Chicken

with Roasted Potatoes and Spinach Salad

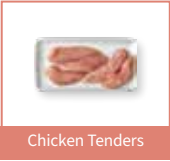
35 Minutes



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Chicken Thighs



Chicken Tenders



Yellow Potato



Baby Spinach



Salad Topping Mix



Goat Cheese



BBQ Sauce



Blueberry Jam



White Wine Vinegar



BBQ Seasoning

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 BLUEBERRY JAM

Brighten up your BBQ sauce with blueberry jam!

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, measuring spoons, spatula, large bowl, parchment paper, small pot, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Tenders ♦	310 g	620 g
Yellow Potato	7	14
Baby Spinach	56 g	113 g
Salad Topping Mix	28 g	56 g
Goat Cheese	28 g	56 g
BBQ Sauce	4 tbsp	8 tbsp
Blueberry Jam	2 tbsp	4 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Sugar*	½ tsp	1 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.

1



Roast potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **half the BBQ seasoning** and **1 tbsp** (2 tbsp) **oil** to an unlined 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, 16-18 min.

4



Roast chicken

- Transfer **chicken** to a parchment-lined baking sheet.
- Using a spatula, spread **blueberry-BBQ sauce** over **tops of chicken**.
- Roast in the **top** of the oven until cooked through, 10-12 min.**

Reduce roasting time to 8-10 min.**

2



Make sauce

- Meanwhile, heat a small pot over medium heat.
- When hot, add **blueberry jam**. Cook, stirring constantly, until **jam** starts to melt, 1-2 min.
- Add **BBQ sauce**. Cook, stirring often, until **sauce** is smooth and **jam** has fully melted, 1-2 min. Season with **salt** and **pepper**, to taste.
- Remove from heat, then set aside.

5



Make salad

- When **chicken** and **potatoes** are almost done, add **vinegar**, **½ tsp** (1 tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk until **sugar** dissolves.
- Add **spinach** to the bowl with **vinaigrette**, then toss to coat.

3



Sear chicken

- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **chicken** dry with paper towels, then season all over with **salt**, **pepper** and **remaining BBQ Seasoning**.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown, 2-3 min per side. (**NOTE:** Chicken will finish cooking in step 4.)

If you've opted to get **chicken tenders**, prepare and season them in the same way the recipe instructs you to prepare and season the **chicken thighs**, then reduce searing time to 1-2 min per side.

6



Finish and serve

- Divide **chicken**, **potatoes** and **salad** between plates.
- Sprinkle **salad topping mix** and **goat cheese** over **salad**.

Dinner Solved!



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