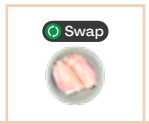




# Blueberry-BBQ Chicken

## with Roasted Potatoes and Spinach Salad

Family Friendly 30-40 Minutes



Chicken Thighs •  
280 g | 560 g

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](http://www.hellofresh.ca)



Chicken Breasts •  
2 | 4



Yellow Potato  
350 g | 700 g



Spring Mix  
56 g | 113 g



Salad Topping  
Mix  
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

**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

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

2



### Make blueberry-BBQ sauce

- Meanwhile, heat a small pot over medium heat.
- When the pot is 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**.
- Remove from heat, then set aside.

3



### Sear chicken

- Swap | Chicken Thighs
- Heat a large non-stick pan over medium-high 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 oil**, then **chicken**. (**NOTE**: Cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.)
  - Pan-fry until golden-brown, 1-2 min per side. (**NOTE**: Chicken will finish cooking in step 4.)

4



### Roast chicken

- Transfer **chicken** to a parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 10-12 min.\*\*
- Transfer to a cutting board to rest, 3-5 min.

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 **spring mix** to the bowl with **vinaigrette**, then toss to coat.

6



### Finish and serve

- Thinly slice **chicken**.
- Divide **chicken**, **roasted potatoes** and **spinach salad** between plates.
- Spoon **blueberry-BBQ sauce** over **chicken**.
- Sprinkle **salad topping mix** over **salad**.

## 3 | Sear chicken thighs

Swap | Chicken Thighs

If you've opted to get **chicken thighs**, prepare them in the same way the recipe instructs you to prepare the **chicken breasts**, increasing pan-frying time to 2-3 min per side.\*\* (**NOTE**: Chicken will finish cooking in step 4.) Continue with the recipe as instructed.

\* 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.