



JUN  
2017

## Char-Broiled BBQ Chicken

with Summery Potato and Green Bean Salad

Nothing says summer like BBQ! That's why we're kicking off the season with one of our favourite summertime dishes: BBQ chicken and potato salad! We're dressing this potato salad up with fresh basil and crisp green beans. If you have a grill, it's great to use for this recipe instead of the broiler.

 **Prep**  
30 min



Chicken Thighs



Red Potato



Green Beans



Green Onions



Dill



White Wine Vinegar



Sour Cream



Classic BBQ  
Sauce

## Ingredients

	2 People	4 People
Chicken Thighs	1 pkg (340 g)	2 pkg (680 g)
Red Potato	1 pkg (340 g)	2 pkg (680 g)
Green Beans, trimmed	2 pkg (340 g)	4 pkg (680 g)
Green Onions	2	4
Dill	1 pkg (10 g)	1 pkg (10 g)
White Wine Vinegar	1) 1 bottle (2 tbsp)	2 bottle (4 tbsp)
Sour Cream	2) 2 pkg (1/3 cup)	4 pkg (2/3 cup)
Classic BBQ Sauce	1) 1 pkg (2 tbsp)	2 pkg (4 tbsp)
Olive or Canola Oil*		

\*Not Included

## Allergens

- 1) Sulphites/Sulfites
- 2) Milk/Lait

## Tools

Measuring Spoons, Medium Pot, Baking Sheet, Silicon Brush, Slotted Spoon, Large Bowl

**Nutrition per person** Calories: 532 cal | Fat: 13g | Protein: 42g | Carbs: 64g | Fibre: 10g | Sodium: 605 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

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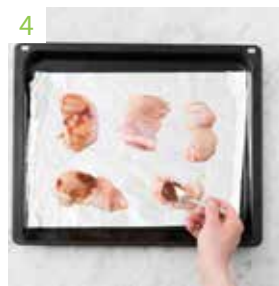
## 1 Preheat the broiler to high (to broil the chicken).

**2 Prep: Wash and dry all produce.** Cut the **potatoes** into 1/2-inch cubes. Cut the **green beans** into 1-inch pieces. Thinly slice the **green onions**. Finely chop **2 tbsp dill** (double for 4 people).

**3 Cook the potatoes:** In a medium pot, combine the **potatoes** with enough **salted water** to cover. Bring to a boil over high heat, until potatoes are fork-tender, 10-12 min.

**4** Meanwhile, place the **chicken** on a lightly oiled, foil-lined baking sheet. Season with **salt** and **pepper**. Brush the tops with **half the BBQ sauce**. Broil in the centre of the oven until golden-brown, 6-7 min. Flip the chicken over and brush with the **remaining BBQ sauce**. Return to the oven and broil until golden-brown and cooked through, 6-7 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.)

4



**5 Boil the green beans:** When the **potatoes** are done, use a slotted spoon to transfer them to a large bowl, keeping the water boiling on the stove. Add the **green beans** to the boiling water and cook until just tender, 2-3 min. Drain the beans and rinse under cold water. Drain well. Transfer to the bowl with potatoes.

**6 Assemble the salad:** Add the **sour cream**, **dill**, **vinegar** and **green onions** into the **potato mixture**. Season with **salt** and **pepper**.

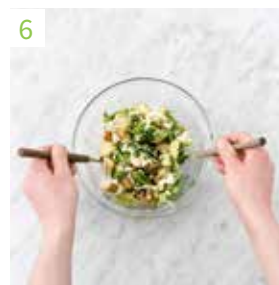
**7 Finish and serve:** Divide the **potato and green bean salad** between plates. Top with the **char-broiled BBQ chicken** and enjoy!

**BBQ TIP:** Instead of pan-frying, grill the chicken on medium heat, 6-8 min per side, until cooked to an internal temperature of 175°F.

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