



Hot 'n' Honey Chicken Tenders

with BBQ Potato Coins and Cucumber Salad

25 Minutes



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Chicken Tenders



Chicken Breasts



Yellow Potato



Mini Cucumber



Ranch Dressing



Chili Garlic Sauce



Honey



BBQ Seasoning



White Wine Vinegar



Spring Mix

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 HONEY

A naturally sweet ingredient that's a great sugar alternative!

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, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Chicken Breasts *	2	4
Yellow Potato	350 g	700 g
Mini Cucumber	1	2
Ranch Dressing	4 tbsp	8 tbsp
Chili Garlic Sauce 🍷	1 tbsp	2 tbsp
Honey	2 tbsp	4 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
White Wine Vinegar	½ tbsp	1 tbsp
Spring Mix	56 g	113 g
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.

1



Roast potatoes

- Cut **potatoes** into ¼-inch coins.
- Add **potatoes**, ½ **tbsp** (1 **tbsp**) **BBQ seasoning** and **1 tbsp** (2 **tbsp**) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange in a single layer. (**TIP:** Don't overcrowd the potatoes! If they don't fit in a single layer without overlapping, divide potatoes between two baking sheets.)
- Roast **potatoes** in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 20-22 min.

4



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **remaining BBQ Seasoning**.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear until golden-brown, 1-2 min per side.
- Transfer to an unlined baking sheet.
- Roast in the **top** of the oven until cooked through, 6-8 min.**

If you've opted to get **chicken breasts**, cut them into 1-inch strips, then prepare and cook them the same way the recipe instructs you to prepare and cook the **chicken tenders**.**

2



Prep and marinate cucumbers

- Meanwhile, cut **cucumber** into ¼-inch rounds.
- Add **half the vinegar** (use all for 4 ppl), ¼ **tsp** (½ **tsp**) **sugar** and **1 tbsp** (2 **tbsp**) **oil** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **cucumbers**, then toss to coat. Set aside.

5



Finish and serve

- Add **spring mix** to the bowl with **marinated cucumbers**, then toss to combine.
- Divide **chicken**, **potato coins** and **salad** between plates.
- Drizzle **BBQ-honey sauce** over **chicken**. Top with **chili-garlic sauce**, if desired.
- Serve **ranch dressing** alongside for dipping.

Dinner Solved!



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