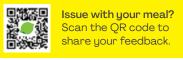
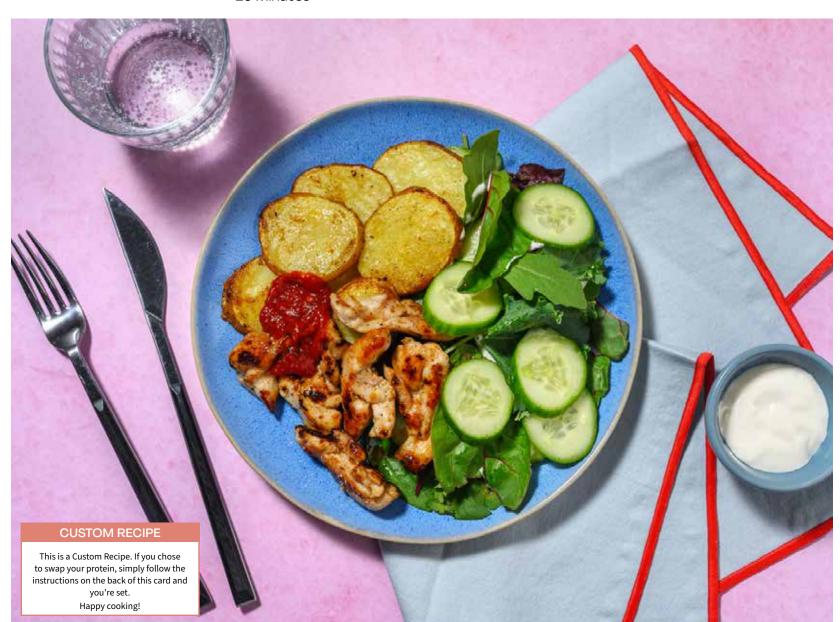


Hot 'n' Honey Chicken Tenders

with BBQ Potato Coins and Cucumber Salad

25 Minutes







Chicken Tenders





Yellow Potato



Mini Cucumber





Chili Garlic Sauce

Ranch Dressing



Honey



BBQ Seasoning



White Wine Vinegar



Spring Mix

Start here

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

Measurements , 1 tbsp (2 tbsp), oil within steps 4 person Ingredient

Bust out

2 Baking sheets, measuring spoons, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

Inaredients

	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*	1/4 tsp	½ tsp
Oil*		

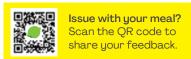
Salt and Pepper*

- * 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.





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.



Prep and marinate cucumbers

- Meanwhile, cut cucumber into 1/4-inch rounds.
- Add half the vinegar (use all for 4 ppl), 1/4 tsp (1/2 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.



• Combine honey and ½ tsp (1 tsp) BBQ **Seasoning** in a small microwave-safe bowl. Microwave until warm, 10-30 sec. Stir to combine.



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 1/2 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.**



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!