



# Hot 'n' Honey Chicken Tenders

## with BBQ Sweet Potato Coins and Cucumber Salad

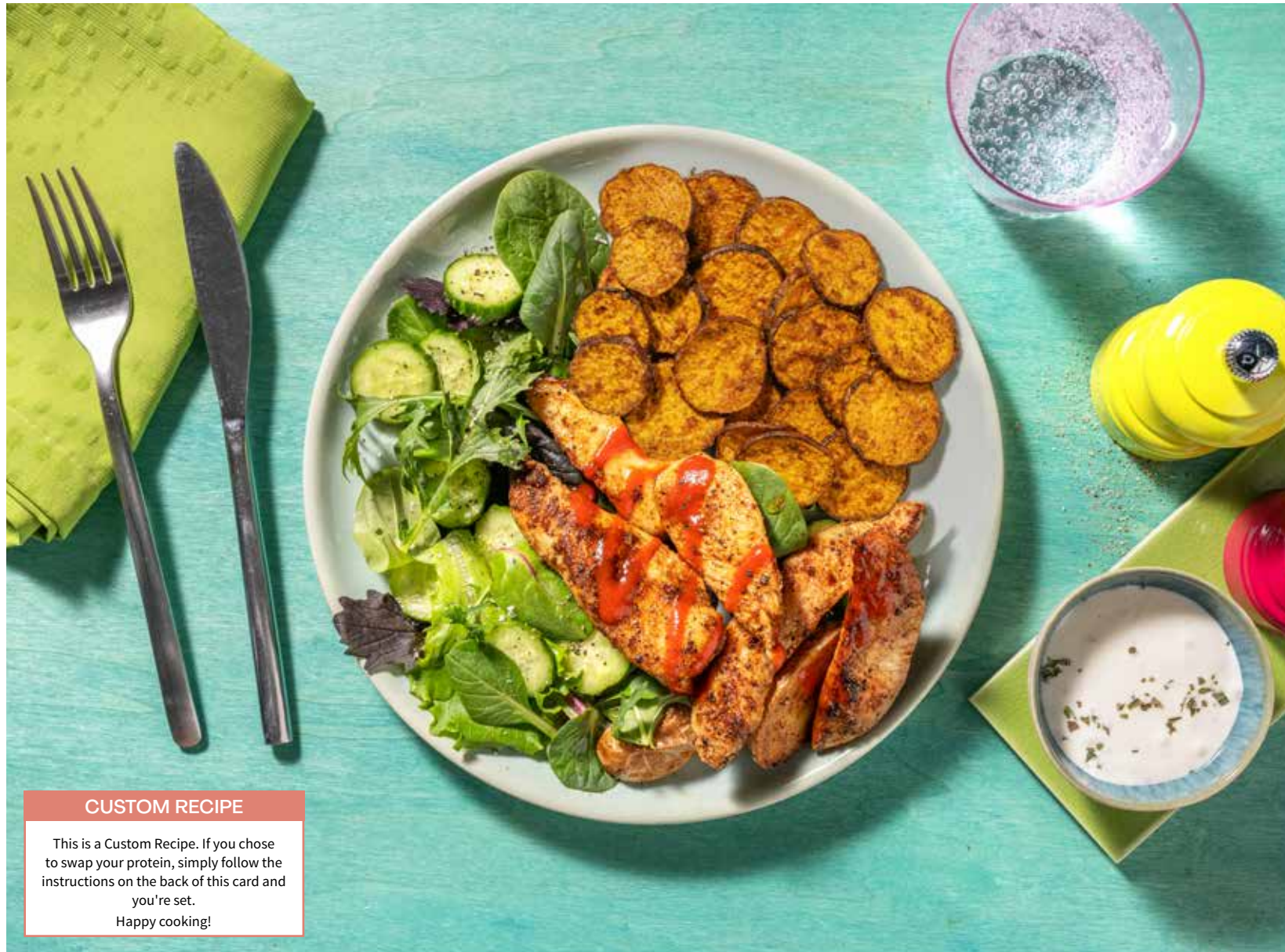
Spicy

Quick

25 Minutes



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### 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!



Chicken Tenders



Chicken Breasts



Sweet Potato



Mini Cucumber



Ranch Dressing



Chili Garlic Sauce



Honey



BBQ Seasoning



White Wine Vinegar



Spring Mix

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
Sweet Potato	340 g	680 g
Mini Cucumber	66 g	132 g
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 tsp	1 tsp
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.



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1



### Roast sweet potatoes

- Cut **sweet potatoes** into ¼-inch coins.
- Add **sweet 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 sweet potatoes! If they don't fit in a single layer without overlapping, divide sweet potatoes between two baking sheets.)
- Roast **sweet potatoes** in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 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, 8-10 min.\*\*

If you've opted to get **chicken breasts**, cut **chicken** into 1-inch cubes, then prepare and cook in 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**, **sweet 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!

3



### Make sauce

- Combine **honey** and ½ **tsp** (1 **tsp**) **BBQ Seasoning** in a small bowl.