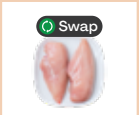




Hot 'n' Honey Chicken Tenders

with BBQ Potato Coins and Cucumber Salad

25 Minutes



Chicken Breasts*
2 | 4

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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 Tenders*
310 g | 620 g



Yellow Potato
350 g | 700 g



Baby Tomatoes
113 g | 227 g



Ranch Dressing
4 tbsp | 8 tbsp



Chili Garlic Sauce*
1 tbsp | 2 tbsp



Honey
2 | 4



BBQ Seasoning
1 tbsp | 2 tbsp



White Wine Vinegar
½ tbsp | 1 tbsp



Spring Mix
56 g | 113 g

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.

Pantry items | Oil*, sugar*, salt*, pepper*

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

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- 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 them between two baking sheets.)
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 20-22 min.

2



Prep and marinate tomatoes

- Meanwhile, halve **tomatoes**.
- 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 **tomatoes**, then toss to coat. Set aside.

3



Make sauce

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

4



Cook chicken

Swap | **Chicken Breasts**

- 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.**

* 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.

5



Finish and serve

- Add **spring mix** to the bowl with **marinated tomatoes**, 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.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

4 | Cook chicken

Swap | **Chicken Breasts**

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



Issue with your meal? Scan the QR code to share your feedback.