



Popcorn Chicken Dinner

with Mashed Potatoes and Salad

Family Friendly

30 Minutes



Chicken Thighs/Legs



All-Purpose Flour



Cajun Spice Blend



Russet Potato



Spring Mix



Mini Cucumber



Red Wine Vinegar



Baby Tomatoes



BBQ Sauce

HELLO CAJUN SPICE

A savoury spice blend inspired by the flavours of Louisiana!

Start here

Before starting, wash and dry all produce.

Bust out

Medium bowl, measuring spoons, strainer, large bowl, large pot, large non-stick pan, potato masher, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs/Legs ♦	260 g***	520 g***
All-Purpose Flour	4 tbsp	8 tbsp
Cajun Spice Blend	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Spring Mix	56 g	113 g
Mini Cucumber	66 g	132 g
Red Wine Vinegar	1 tbsp	2 tbsp
Baby Tomatoes	113 g	227 g
BBQ Sauce	4 tbsp	8 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

*** Minimum weight on chicken

♦ 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 our meal kit labels for the most current allergen 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 Prep

Halve **tomatoes**. Halve **cucumbers** lengthwise, then cut into ¼-inch half moons. Cut **potatoes** into ½-inch pieces. Combine **flour, Cajun Spice Blend** and **¼ tsp salt** (dbl for 4 ppl) in a large bowl. Season with **pepper**.



2 Cook potatoes

Combine **potatoes, 2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min. Reserve **¼ cup cooking water** (dbl for 4ppl), then drain and return **potatoes** to the same pot, off heat. Add **reserved cooking water** and **2 tbsp butter** (dbl for 4 ppl). Using a potato masher, mash together until creamy. Season with **salt** and **pepper**.



3 Prep chicken

While **potatoes** cook, pat **chicken** dry with paper towels, then cut into 1-inch pieces. Add **chicken** to **flour mixture**. Toss to coat, pressing **chicken** into **flour mixture** to coat completely.



4 Cook chicken

Heat a large non-stick pan over medium. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, flipping occasionally, until golden-brown and cooked through, 8-10 min.**



5 Make salad

While **chicken** cooks, combine **vinegar** with **½ tbsp oil** (dbl for 4 ppl) in a medium bowl. Add **spring mix, tomatoes** and **cucumbers**. Season with **salt** and **pepper**. Toss to coat.



6 Finish and serve

Divide **popcorn chicken, mashed potatoes** and **salad** between plates. Serve **BBQ sauce** alongside for dipping.

Dinner Solved!