



Smart BBQ Chicken Salad

with Pickled Onions and Ranch Dressing

Calorie Smart

Carb Smart

30 Minutes



Chicken Thighs



Carrot



Baby Tomatoes



Spring Mix



Red Onion



Chives



Sour Cream



White Wine Vinegar



BBQ Seasoning



Mayonnaise

HELLO CHIVES

Add a delicate onion flavour to your DIY ranch with this bright green herb!

Start here

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

Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, strainer, box grater, medium pot, large bowl, small pot, small bowl, whisk, paper towels, measuring cups

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	4	8
Carrot	170 g	340 g
Baby Tomatoes	113 g	227 g
Spring Mix	56 g	113 g
Red Onion	56 g	113 g
Chives	7 g	7 g
Sour Cream	3 tbsp	6 tbsp
White Wine Vinegar	2 tbsp	4 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook chicken and eggs 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.

Contact

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Roast chicken

Pat **chicken** dry with paper towels, then cut **each thigh** in half. Add **chicken, BBQ Seasoning** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange in a single layer. Roast in the **middle** of the oven until cooked through, 16-18 min.**



Got eggs? (optional)

While **onions** pickle, add **3 cups warm water** (dbl for 4 ppl) to a medium pot. Bring to a boil over high heat. Once boiling, reduce heat to medium. Using a spoon, lower **2 eggs** (4 eggs for 4 ppl) into the **boiling water**. Cook for 7 min for a **runny yolk** or 9 min for a **set yolk****. Drain and rinse **eggs** with **cold water** for 30 sec, until cool enough to peel. Peel, then quarter **eggs**. Season with **salt** and **pepper**.



Prep

While **chicken** roasts, halve **tomatoes** on a separate cutting board. Season **tomatoes** with **salt** and **pepper**. Peel, then grate **carrot**. Thinly slice **chives**. Peel, then thinly slice **half the onion** (whole onion for 4 ppl). Separate **onion slices**.



Make ranch and salad

Add **sour cream, mayo, half the chives** and **1 tsp onion pickling liquid** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine. Whisk together **1 ½ tbsp onion pickling liquid** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add **spring mix** and **carrots**. Season with **salt** and **pepper**, then toss to combine.



Pickle onion

Add **onions, vinegar** and **2 tbsp water** (dbl for 4 ppl) to a small pot. Season with **salt**. Bring to a simmer over medium-high heat. Cook, stirring often, until **salt** dissolves, 1-2 min. Remove the pot from heat. Transfer **onions, including liquid**, to a medium bowl. Place in the fridge to cool.



Finish and serve

Drain **onions**, discarding any remaining pickling liquid. Thinly slice **chicken**. Divide **salad** between plates. Arrange **chicken, pickled onions** and **tomatoes** over **salad**. Top with **eggs**, if using. Drizzle **ranch dressing** over top and sprinkle with **remaining chives**.

Dinner Solved!