



Smart BBQ Chicken Salad

with Pickled Onions and Ranch Dressing

Carb Smart

Calorie Smart

Quick

25 Minutes

*2 Double



Chicken Thighs ⁺
560 g | 1120 g

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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](https://www.hellofresh.ca)



Chicken Thighs ⁺
280 g | 560 g



Sweet Bell Pepper
1 | 2



Baby Spinach
113 g | 227 g



Red Onion
1/2 | 1



White Wine Vinegar
2 tbsp | 4 tbsp



BBQ Seasoning
1 tbsp | 2 tbsp



Ranch Dressing
4 tbsp | 8 tbsp



Egg
1 | 2

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.

1



Roast chicken

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

×2 Double | Chicken

- Pat **chicken** dry with paper towels, then cut **each thigh** in half.
- Add **chicken**, **BBQ Seasoning** and **1 tbsp** (2 tbsp) **oil** 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.**

2



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then thinly slice **half the onion** (whole onion for 4 ppl). Separate **onion slices**.

3



Pickle onions

- Add **vinegar**, **2 tbsp** (4 tbsp) **water** and **a pinch of salt** to a medium microwavable bowl. (**NOTE:** This is your pickling liquid.)
- Microwave in 15 sec increments, stirring between each, until **salt** dissolves.
- Add **onions**, then stir to combine. Set aside to cool.

4



Cook egg

- Meanwhile, add **4 cups warm water** (use same for 4 ppl) to a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium.
- Using a spoon, lower **egg** (both eggs for 4 ppl) into the **boiling water**. Cook for 6 min for a **runny yolk** or 9 min for a **set yolk****.
- Drain and rinse **egg** with cold water until cool enough to peel, 30 sec.
- Peel, then quarter **egg**. Season with **salt** and **pepper**.

5



Make salad

- Add **1 tbsp** (2 tbsp) **pickling liquid** and **1 tbsp** (2 tbsp) **oil** to a large bowl.
- Season with **salt** and **pepper**, then whisk to combine.
- Add **spinach** and **peppers**, then toss to combine.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **salad** between plates. Arrange **chicken** over **salad**.
- Top with **pickled onions** and **eggs**. (**TIP:** Any leftover pickled onions and pickling liquid can be saved and refrigerated for up to 3 days.)
- Drizzle **ranch dressing** over top.

1 | Roast chicken

×2 Double | Chicken

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of chicken**.

** 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.

