

HELLO Smart BBQ Chicken Salad with Bioklad Opions and Banch Drossing

with Pickled Onions and Ranch Dressing

Carb Smart

Calorie Smart

Quick

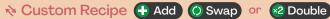
25 Minutes



Chicken Thighs * 560 g | 1120 g







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 🎥





Chicken Thighs 280 g | 560 g









Baby Spinach 113 g | 227 g



White Wine Vinegar 2 tbsp | 4 tbsp



1 tbsp | 2 tbsp

4 tbsp | 8 tbsp

Allengens 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. Cooking utensils | Baking sheet, medium microwavable bowl, measuring spoons, medium pot, strainer, large bowl, measuring cups, whisk, paper towels



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.**



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.



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.



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.



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.



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.

Measurements within steps

1 tbsp (2 tbsp)

p) oil

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**.