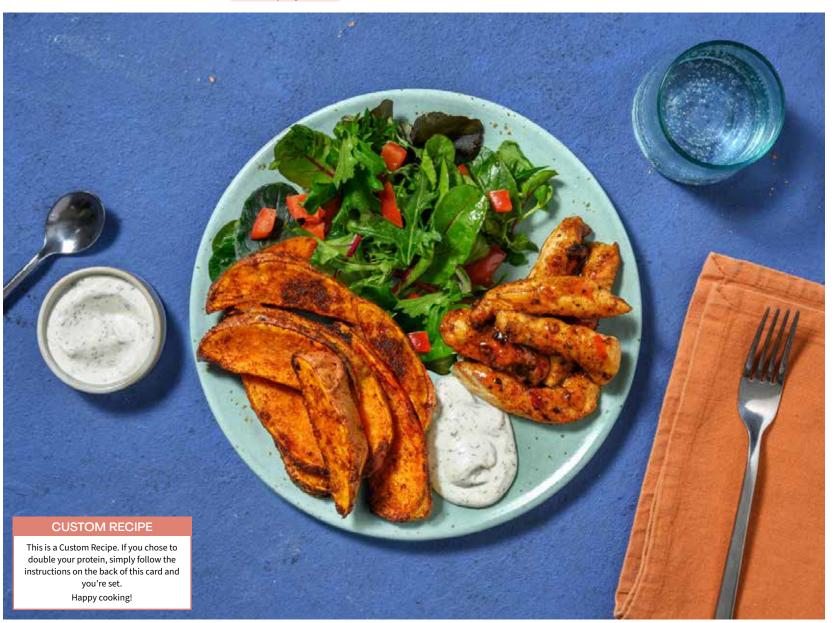


Sticky-Sweet BBQ Chicken

with Sweet Potato Wedges and Ranch

Spicy

30 Minutes





Chicken Tenders





Sweet Potato



Tomato



Spring Mix





White Wine Vinegar



BBQ Seasoning

Ranch Dressing



Sweet Chili Sauce

HELLO BBQ SEASONING

Start here

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

Measurements , 1 tbsp (2 tbsp), oil within steps 4 person Ingredient

Bust out

Baking sheet, measuring spoons, 2 large bowls, parchment paper, whisk, large non-stick pan, paper towels

Ingredients

9		
	2 Person	4 Person
Chicken Tenders •	310 g	620 g
Double Chicken Tenders	620 g	1240 g
Sweet Potato	2	4
Tomato	1	2
Spring Mix	56 g	113 g
Ranch Dressing	4 tbsp	8 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
BBQ Seasoning	2 tbsp	4 tbsp
Sweet Chili Sauce 🤳	4 tbsp	8 tbsp
Sugar*	1/4 tsp	½ tsp
Oil*		
Salt and Pepper*		

- * Pantry items
- ** 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.

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.



Roast sweet potato wedges

- Cut sweet potatoes into ½-inch wedges.
- Add sweet potatoes, half the BBQ Seasoning and 1 tbsp (2 tbsp) oil to a large bowl. Season with **salt** and **pepper**, then toss to coat.
- Transfer to a parchment-lined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets.) Arrange in a single layer.
- Roast in the **middle** of the oven, flipping halfway through, until tender and goldenbrown, 24-26 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Prep chicken

- Meanwhile, pat **chicken** dry with paper towels.
- Add chicken, remaining BBQ Seasoning and ½ tbsp (1 tbsp) oil to the same large bowl (from step 1). Season with salt and **pepper**, then toss to coat.

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**. Work in batches, if necessary.



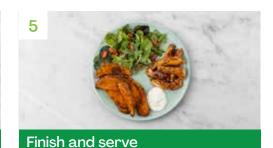
Pan-fry and glaze chicken

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add chicken. Pan-fry until golden-brown and cooked through, 3-4 min per side.**
- Remove from heat, then add sweet chili sauce. Toss to coat.
- Cover to keep warm.



Make salad

- Meanwhile, cut **tomato** into ½-inch pieces.
- Add vinegar, 1/4 tsp (1/2 tsp) sugar and 1 tbsp (2 tbsp) oil to another large bowl. Season with salt and pepper, then whisk to combine.
- Add spring mix and tomatoes, then toss to combine.



- Divide chicken, sweet potato wedges and salad between plates. Spoon any sauce from the pan over **chicken**.
- Serve ranch dressing alongside for dipping.

Dinner Solved!

Contact

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