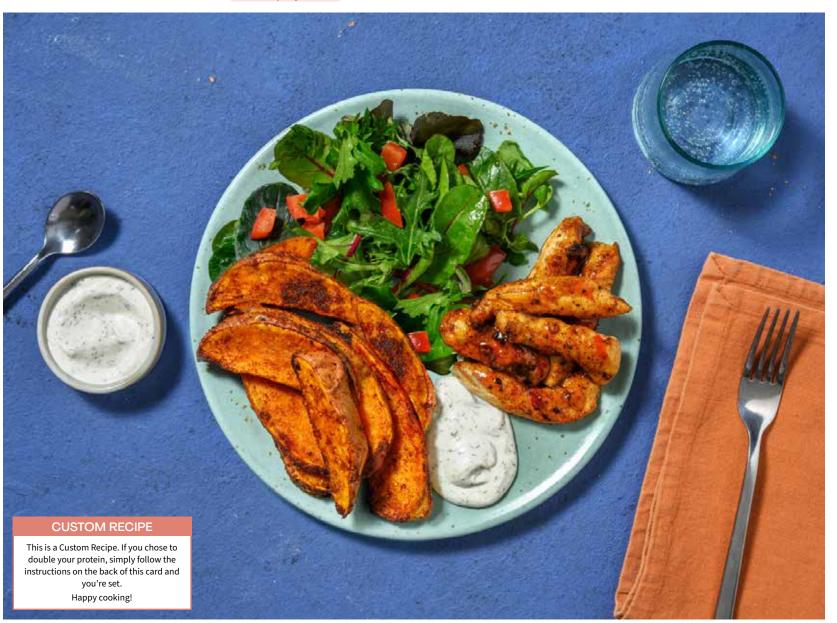


# Sticky-Sweet BBQ Chicken

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.



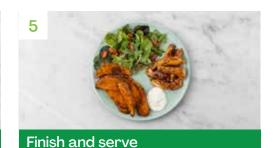
## Pan-fry and glaze chicken

- 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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