



Sweet Chicken and Pineapple Skewers with Potato Salad

Grill

30 Minutes



Chicken Tenders



Pineapple, spears



Wooden Skewers



Sweet Bell Pepper



Russet Potato



Green Onions



Mayonnaise



BBQ Seasoning



Whole Grain Mustard



BBQ Sauce

HELLO SWEET PEPPERS

A sweet pepper is just a green pepper that has been left on the vine to ripen!

Start here

- Before starting, wash and dry all produce.
- Soak skewers in water for 5 min.
- Lightly oil the grill.
- While you prep, preheat grill to 400°F over medium heat.

Bust out

Medium bowl, vegetable peeler, colander, measuring spoons, large pot, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Pineapple, spears	95 g	190 g
Wooden Skewers	6	12
Sweet Bell Pepper	160 g	320 g
Russet Potato	460 g	920 g
Green Onions	2	2
Mayonnaise	2 tbsp	4 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
BBQ Sauce	4 tbsp	8 tbsp
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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Cook potatoes

Peel, then cut **potatoes** into 1-inch pieces. Combine **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) in a large pot (use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered, until fork-tender, 10-12 min.



Assemble skewers and grill

Alternately thread **peppers**, **pineapple** and **chicken** onto **skewers**. Add **skewers** to grill. Reduce heat to medium, close lid and grill, turning often, until **chicken** is cooked through, 3-4 min per side.**



Marinate chicken

While **potatoes** cook, pat **chicken** dry with paper towels, then cut into 2-inch pieces. Add **chicken**, **BBQ Seasoning** and **½ tbsp oil** (dbl for 4 ppl) to medium bowl. Season with **salt**, then toss to coat.



Make potato salad

When **potatoes** are fork-tender, drain and return to the same pot, off heat. Add **mustard**, **mayo** and **half the green onions**. Season with **pepper**, then gently stir to coat.



Prep

Core, then cut **pepper** into 1-inch pieces. Cut **pineapple** into 1-inch pieces. Thinly slice **green onions**.



Finish and serve

Divide **skewers** and **potato salad** between plates. Sprinkle **remaining green onions** over top. Serve with **BBQ sauce** on the side, for dipping.

Dinner Solved!