



# BBQ-Sauced Chicken with Garlic Toasts and Dilly Coleslaw

20 Minutes

Customized Protein **+** Add **↻** Swap 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](http://hellofresh.ca)

↻ Swap



Chicken Thighs **+**  
280 g | 560 g

×2 Double



Chicken Breasts **+**  
4 | 8



Chicken Breasts **+**  
2 | 4



Sandwich Bun  
2 | 4



Green Cabbage, shredded  
113 g | 226 g



Mini Cucumber  
1 | 2



Dill  
7 g | 7 g



BBQ Sauce  
4 tbsp | 8 tbsp



Garlic Spread  
2 tbsp | 4 tbsp



Mayonnaise  
2 tbsp | 4 tbsp



BBQ Seasoning  
1 tbsp | 2 tbsp



White Wine Vinegar  
½ tbsp | 1 tbsp

**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.

**Pantry items** | Oil, sugar, salt, pepper

**Cooking utensils** | Baking sheet, large bowl, large non-stick pan, paper towels, parchment paper, kitchen shears

1



### Season chicken

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

🔄 Swap | **Chicken Thighs**

\*2 Double | **Chicken Breasts**

- Line a baking sheet with parchment paper.
- Heat a large non-stick pan over medium-high heat.
- Meanwhile, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **BBQ Seasoning**.

2



### Cook chicken

- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Sear until brown, 1-2 min per side.
- Remove from heat, then transfer **chicken** to the prepared baking sheet.
- Bake in the **middle** of the oven until cooked through, 10-12 min. \*\*

3



### Make slaw

- Meanwhile, thinly slice **cucumber**.
- Using kitchen shears, snip as much **dill** as desired into a large bowl.
- Add **mayo**, **half the vinegar** (use all for 4 ppl) and **¼ tsp** (½ tsp) **sugar** to the same bowl. Season with **salt** and **pepper**, then stir to combine.
- Add **cabbage** and **cucumbers**, then toss to coat.

4



### Make garlic toasts

- Halve **buns**.
- Add **garlic spread** to cut sides.
- Arrange directly on the **top** rack of the oven, cut-side up.
- Toast until golden-brown, 3-4 min. (**TIP**: Keep an eye on them so they don't burn!)

5



### Warm BBQ sauce (optional)

- Add **BBQ sauce** to a microwavable bowl or a small pan. Microwave until warmed through, 30 sec. (**TIP**: You can skip this step if you don't want to warm the BBQ sauce.)

6



### Finish and serve

- Thinly slice **chicken**.
- Divide **chicken**, **slaw** and **toasts** between plates.
- Drizzle **BBQ sauce** over **chicken**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### 1 | Season chicken

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, prep and cook them in the same way the recipe instructs you to prep and cook the **chicken breasts**.

### 1 | Season chicken

\*2 Double | **Chicken Breasts**

If you've opted for **double chicken**, cook it in the same way the recipe instructs you to cook the **regular portion of chicken**. Work in batches, if necessary.