



BBQ Dry-Rub Chicken

with Corn and Ranch Dressing

Protein Plus

30 Minutes

Customized Protein

+ Add

Swap

or

x2 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](https://www.hellofresh.ca)

Swap



Chicken Thighs
280 g | 560 g

Double



Chicken Breasts
4 | 8



Chicken Breasts
2 | 4



BBQ Seasoning
1 tbsp | 2 tbsp



Corn Kernels
113 g | 227 g



Ranch Dressing
4 tbsp | 8 tbsp



Yellow Potato
350 g | 700 g



Garlic Salt
1 tsp | 1 tsp



Green Onion
1 | 2



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 | Butter, oil, salt, pepper

Cooking utensils | 2 baking sheets, large bowl, large non-stick pan, measuring spoons, paper towels, small bowl

1



Roast potatoes

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

- Cut **potatoes** into ¼-inch thick rounds.
- To an unlined baking sheet, add **potatoes** and **1 tbsp oil**. (**NOTE:** For 4 servings, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **¼ tsp (½ tsp) garlic salt** and **pepper**, then toss to coat.
- Roast in the **top** of the oven for 24-25 min, until tender.

2



Cook chicken

🔄 Swap | **Chicken Thighs**
*2 Double | **Chicken Breasts**

- While **potatoes** roast, pat **chicken** dry with paper towels.
- In a large bowl, combine **chicken**, **BBQ Seasoning**, **¼ tsp (½ tsp) garlic salt** and **1 tbsp (2 tbsp) oil**. Toss to coat.
- On another unlined baking sheet, arrange **chicken** in a single layer.
- Roast in the **middle** of the oven for 18-21 min, flipping halfway through, until cooked through.**

3



Cook corn

- Heat a large non-stick pan over medium.
- When hot, add **1 tbsp (2 tbsp) butter**, then swirl the pan for 1 min, until melted.
- Add **corn** and **2 tbsp (4 tbsp) water**. Stir to combine. Cover and cook for 5-6 min, stirring occasionally, until tender. Season with **salt** and **pepper**.

4



Mix ranch dressing

- Meanwhile, thinly slice **green onion**.
- In a small bowl, stir together **ranch** and **half the green onions**. Season with **salt** and **pepper**.

5



Finish and serve

- Slice **chicken**.
- Divide **chicken**, **corn** and **potatoes** between plates.
- Drizzle **some ranch dressing** over **corn**, then sprinkle with **remaining green onions**.
- Serve with **remaining ranch dressing** on the side.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Cook chicken

🔄 Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, prep and cook in the same way the recipe instructs you to prep and cook **chicken breasts**, reducing cook time to 12-14 min.

2 | Cook chicken

*2 Double | **Chicken Breasts**

If you've opted for **double chicken**, prep and cook in the same way the recipe instructs you to prep and cook the **regular portion of chicken**.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 165°F.