



Baked Hot Honey Chicken

with BBQ-Spiced Sweet Potatoes and Snap Peas

Spicy

35 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)



Chicken Breasts* 2 4	Tofu 1 2	Organic Chicken Breasts* 2 4
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- 
Chicken Thighs*
280 g | 560 g
- 
Honey
2 | 4
- 
Jalapeño
1 | 1
- 
All-Purpose Flour
2 tbsp | 4 tbsp
- 
Applewood Smoke Spice
7 g | 14 g
- 
Sugar Snap Peas
113 g | 227 g
- 
Yellow Onion
1 | 1
- 
Chipotle Powder
4 g | 4 g
- 
Sweet Potato
2 | 4

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.*

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

1



Roast sweet potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **sweet potatoes** into ¼-inch wedges.
- To a parchment-lined baking sheet, add **sweet potatoes** and **1 tbsp oil**. (NOTE: For 4 servings, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss coat.
- Roast in the **middle** of the oven for 22-24 min, flipping halfway through, until tender and golden. (NOTE: For 4 servings, roast in the middle and bottom of the oven, rotating sheets halfway through.)

2



Prep and bake chicken

- ◉ Swap | **Chicken Breasts**
- ◉ Swap | **Tofu**
- ◉ Swap | **Organic Chicken Breasts**
- Meanwhile, pat **chicken** dry with paper towels. Season with **Applewood Smoke Spice, salt** and **pepper**.
- In a large bowl, combine ¼ **tsp** (½ tsp) **chipotle powder** and **flour**.
- Add **chicken**, then toss to coat. Transfer to another parchment-lined baking sheet.
- Drizzle with ½ **tbsp** (1 tbsp) **oil**. Flip and drizzle the other side with ½ **tbsp** (1 tbsp) **oil**.
- Bake **chicken** in the **top** of the oven for 14-16 min, flipping halfway through, until golden and cooked through.**

3



Cook veggies

- Meanwhile, peel, then cut **half the onion** (use whole onion for 4 servings) into ½-inch slices.
- Trim **snap peas**.
- Heat a large non-stick pan over medium-high.
- When the pan is hot, add ½ **tbsp** (1 tbsp) **oil**, then **onions** and **snap peas**.
- Cook for 3-4 min, stirring occasionally, until tender-crisp.
- Season with **salt** and **pepper**, to taste.
- Transfer to a plate, then cover to keep warm.

4



Make hot honey

- Finely chop **jalapeño**. (TIP: We suggest using gloves when prepping jalapeños.)
- To a small pot, add **honey** and **1 tbsp** (2 tbsp) **jalapeños**.
- Heat over medium for 2-3 min, stirring often, until **jalapeños** soften.
- Season with **salt** and **pepper**, to taste. Remove from heat.

5



Finish and serve

- Thinly slice **chicken**.
- Divide **sweet potato, chicken** and **veggies** between plates.
- Drizzle **hot honey** over **chicken**.

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 | Prep and bake chicken

◉ Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, increase the roast time to 18-22 min.

2 | Prep and bake tofu

◉ Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (NOTE: You will have two square tofu steaks per block.) Using a fork, poke **tofu** all over. Season and bake **tofu** the same way the recipe instructs you to season and bake **chicken**, decreasing roasting time to 6-8 min, until golden.

2 | Prep and bake chicken

◉ Swap | **Organic Chicken Breasts**

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

♦ 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, as size may vary