



# 'All-Dressed' Chicken Tenders

with Classic Potato Salad and Quick-Pickled Veggies

Discovery

30 Minutes



Chicken Tenders



Yellow Potato



Mini Cucumber



Red Onion



Green Onions



Dill



Spring Mix



BBQ Sauce



Mayonnaise



Whole Grain Mustard



BBQ Seasoning



White Wine Vinegar

HELLO BBQ SEASONING

*This spice is the perfect blend of sweet, savoury and smoky!*

## Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

### Dill Guide for Step 5 (dbl for 4 ppl):

- Mild: 1 tsp
- Dilly: 2 tsp
- Extra-dilly: 1 tbsp

## Bust out

Baking sheet, medium bowl, measuring spoons, aluminum foil, medium pot, 2 large bowls, whisk, large pot, paper towels, colander

## Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Yellow Potato	360 g	720 g
Mini Cucumber	132 g	264 g
Red Onion	56 g	113 g
Green Onions	2	4
Dill	7 g	7 g
Spring Mix	56 g	113 g
BBQ Sauce	4 tbsp	8 tbsp
Mayonnaise	2 tbsp	4 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
White Wine Vinegar	2 tbsp	4 tbsp
Sugar*	2 tsp	4 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.*

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## Prep

Cut **cucumbers** into ¼-inch rounds. Peel, then cut **half the onion** into ¼-inch slices (whole onion for 4 ppl). Thinly slice **green onions**. Finely chop **dill**. Cut **potatoes** into 1-inch pieces.



## Cook chicken

While **veggies** pickle, pat **chicken** dry with paper towels. Add **chicken**, **BBQ Seasoning** and **½ tbsp oil** (dbl for 4 ppl) to a foil-lined baking sheet. Season with **pepper**, then toss to coat. Broil in the **middle** of the oven, 8 min, then drizzle **BBQ sauce** over **chicken**. Return to oven until cooked through, 2-4 min.\*\*



## Cook potatoes

Combine **potatoes**, **2 tsp salt** and **enough water** to cover (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. Drain and let cool slightly.



## Make potato salad

While **chicken** cooks, stir together **mayo**, **mustard** and **½ tbsp pickling liquid** (dbl for 4 ppl) in a large bowl. Add **potatoes**, **green onions** and **2 tsp dill**. (NOTE: Reference dill guide.) Season with **salt** and **pepper**, then toss to combine.



## Pickle veggies

While **potatoes** cook, add **cucumbers**, **red onions**, **vinegar**, **2 tbsp water** and **2 tsp sugar** (dbl both for 4 ppl) to a medium pot. Season with **salt**. Bring to a simmer over medium-high heat. Cook, stirring often, until **sugar** dissolves, 1-2 min. Remove pot from heat. Transfer **veggies**, including **liquid**, to a medium bowl. Set aside in the fridge to cool.



## Finish and serve

Whisk together **1 tbsp pickling liquid** and **1 tbsp oil** (dbl both for 4 ppl) in another large bowl. Drain **pickled veggies** and discard remaining pickling liquid. Add **pickled veggies** and **spring mix** to the large bowl with **dressing**. Season with **salt** and **pepper**, then toss to combine. Divide **chicken**, **potato salad** and **quick-pickled veggies** between plates. Sprinkle **remaining dill** over top, if desired.

## Dinner Solved!