



# Baked Hot Honey Chicken

with BBQ-Spiced Potatoes and Snap Peas

Spicy

35 Minutes



Chicken Thighs



Chicken Breasts



Honey



Jalapeño



All-Purpose Flour



BBQ Seasoning



Russet Potato



Sugar Snap Peas



Yellow Onion



Chicken Salt

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

HELLO HOT HONEY

*The perfect balance of sweet and spicy!*

## Start here

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

### Heat Guide for Step 4:

- Mild: ½ tbsp
- Medium: 1 tbsp
- Spicy: 1 ½ tbsp
- Extra-spicy: 2 tbsp

## Bust out

2 Baking sheets, measuring spoons, large bowl, parchment paper, small bowl, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	1	2
Honey	2 tbsp	4 tbsp
Jalapeño 🌶️	1	1
All-Purpose Flour	2 tbsp	4 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Sugar Snap Peas	113 g	227 g
Yellow Onion	56 g	113 g
Chicken Salt	1 tbsp	2 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 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.*

## Contact

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## Roast potatoes

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes**, **1 tbsp oil** (dbl for 4 ppl), **half the BBQ Seasoning** and **half the chicken salt** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 23-25 min.



## Make hot honey

- Core, then finely chop **jalapeño**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping jalapeños!)
- Stir together **honey** and **jalapeños** in a small microwavable bowl. (**NOTE** Reference heat guide.) Microwave on low until warmed through, 25-30 sec.
- Season with **salt**, to taste.



## Prep and bake chicken

- Meanwhile, pat **chicken** dry with paper towels, then cut in half. Season with **salt** and **pepper**.
- Combine **remaining BBQ Seasoning** and **flour** in a large bowl.
- Add **chicken**, then toss to coat.
- Transfer **chicken** to a parchment-lined baking sheet. Drizzle with **½ tbsp oil** (dbl for 4 ppl), then flip and drizzle other sides with another **½ tbsp oil** (dbl for 4 ppl).
- Bake in the **top** of the oven, flipping halfway through, until cooked through and golden, 14-16 min.\*\*

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



## Finish and serve

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

## Dinner Solved!



## Cook veggies

- Meanwhile, peel, then cut **half the onion** into ½-inch slices (whole onion for 4 ppl).
- Trim **snap peas**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions** and **snap peas**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **remaining chicken salt** and **pepper**, then set aside.