



Baked Hot Honey Chicken

with BBQ-Spiced Potatoes and Snap Peas

Spicy

35 Minutes



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Chicken Thighs



Chicken Breasts



Honey



Jalapeño



All-Purpose Flour



BBQ Seasoning



Yellow Potato



Sugar Snap Peas



Yellow Onion



Chipotle Powder

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.

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

Heat Guide for Step 4:

- Mild: ½ **tbsp** (1 **tbsp**)
- Medium: **1 tbsp** (2 **tbsp**)
- Spicy: **1 ½ tbsp** (3 **tbsp**)
- Extra-spicy: **2 tbsp** (4 **tbsp**)

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
Honey	2 tbsp	4 tbsp
Jalapeño 🌶️	1	1
All-Purpose Flour	2 tbsp	4 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Yellow Potato	350 g	700 g
Sugar Snap Peas	113 g	227 g
Yellow Onion	56 g	113 g
Chipotle Powder 🌶️	¼ tsp	½ 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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1



Roast potatoes

- Cut **potatoes** into ¼-inch wedges.
- Add **potatoes** and **1 tbsp** (2 **tbsp**) **oil** and **half the BBQ Seasoning** 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 tender and golden-brown, 23-25 min.

4



Make hot honey

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

2



Prep and bake chicken

- Meanwhile, pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- Combine **remaining BBQ Seasoning**, ¼ **tsp** (½ **tsp**) **chipotle powder** and **flour** in a large bowl.
- Add **chicken**, then toss to coat.
- Transfer **chicken** to a parchment-lined baking sheet. Drizzle with ½ **tbsp** (1 **tbsp**) **oil**, then flip and drizzle other side with **another ½ tbsp** (1 **tbsp**) **oil**.
- Bake in the **top** of the oven, flipping halfway, 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**.

5



Finish and serve

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

Dinner Solved!

3



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** (1 **tbsp**) **oil**, then **onions** and **snap peas**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**, to taste.
- Transfer to a plate, then cover to keep warm.