



Baked Hot Honey Chicken

with BBQ-Spiced Potatoes and Snap Peas

Spicy

35 Minutes

Customized Protein

+ Add

Swap

or

*2 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 Breasts
2 | 4

Swap



Tofu
1 | 2



The recent weather conditions that have caused supply challenges across North America has impacted our regular supply of fresh produce, and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Chicken Thighs
280 g | 560 g



Honey
2 | 4



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
1/2 | 1



Chipotle Powder
1/4 tsp | 1/2 tsp

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.

1



Roast potatoes

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

- Cut **potatoes** into ¼-inch wedges.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** and **half the BBQ Seasoning** to a parchment-lined 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.

2



Prep and bake chicken

Swap | Chicken Breasts

Swap | Tofu

- 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 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, flipping halfway, until golden and cooked through, 14-16 min.**

3



Cook veggies

Sub | Broccoli

- Meanwhile, peel, then cut **half the onion** (whole onion for 4 ppl) into ½-inch slices.
- Trim **snap peas**.
- Heat a large non-stick pan over medium-high heat.
- When the pan is 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.

4



Make hot honey

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

5



Finish and serve

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

Measurements within steps

1 tbsp	(2 tbsp)	oil
2 person	4 person	Ingredient

2 | Prep and bake chicken breasts

Swap | Chicken Breasts

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**.

2 | Prep and bake tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut in half, parallel to the cutting board. (NOTE: You will have 2 square tofu "steaks" per block.) Prepare, cook and plate in the same way the recipe instructs you to prepare, cook and plate the **chicken**.

3 | Cook veggies

Sub | Broccoli

If you've received **broccoli**, cut into bite-sized pieces. Continue to follow the recipe as instructed, subbing **broccoli** in for **snow peas**. Then, increase pan-fry cook time to 5-6 min to ensure a tender-crisp bite.

* 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 74°C/165°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.