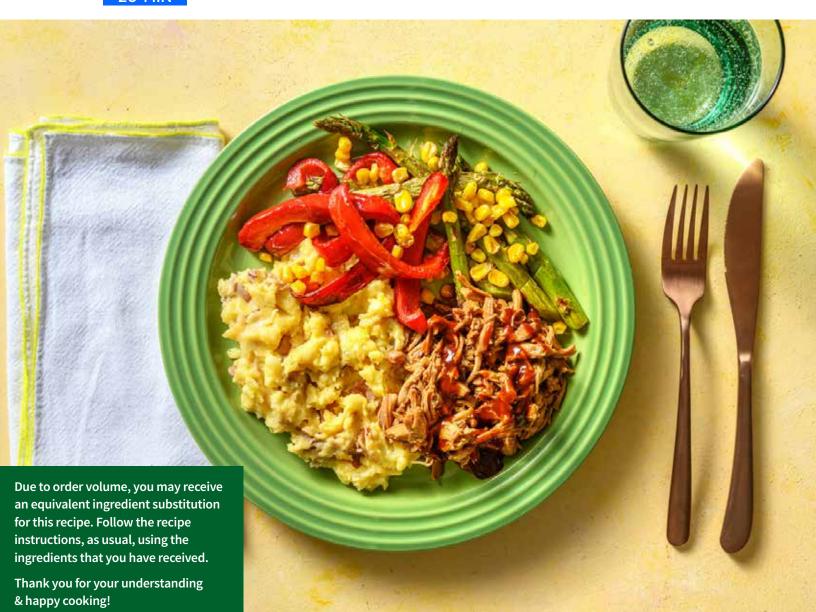


# **BBQ Chicken Dinner**

with Cheesy Smashed Potato and Roasted Spring Veggies

20-MIN







**Chicken Tenders** 

**BBQ Sauce** 





Asparagus

Sweet Bell Pepper





Corn Kernels





Cheddar Cheese, shredded

Sour Cream

# START HERE

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

#### **Bust Out**

Baking Sheet, Large Pot, Measuring Spoons, Potato Masher, Strainer, 8x8-Inch Baking Dish

# Ingredients

ingredients		
	2 Person	4 Person
Chicken Tenders	340 g	680 g
BBQ Sauce	⅓ cup	½ cup
Asparagus	227 g	454 g
Sweet Bell Pepper	160 g	320 g
Corn Kernels	56 cup	113 cup
Red Potato	300 g	600 g
Cheddar Cheese, shredded	⅓ cup	½ cup
Sour Cream	3 tbsp	6 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

<sup>\*</sup> Pantry items

### **Allergens**

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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. COOK POTATOES

Cut **potatoes** into ½-inch pieces. Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. (**NOTE**: 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 return them to the same pot, off heat.



#### 2. BROIL CHICKEN

Place **chicken** into an 8x8-inch baking dish (use a 9x13-inch baking dish for 4 ppl). Stir in **half the BBQ sauce**. Broil in the **bottom** of oven until cooked through, 10-12 min.\*\*



#### 3. BROIL VEGGIES

While the **chicken** broils, trim and discard the bottom 1-inch from **asparagus**. Core, then cut the **pepper** into ½-inch strips. Arrange the **peppers**, **asparagus** and **corn** on a baking sheet. Toss with **1 tbsp oil** (dbl for 4 ppl), then season with **salt** and **pepper**. Broil in the **middle** of the oven, tossing halfway through cooking, until tender-crisp, 6-8 min.



## 4. FINISH POTATOES

Using a masher, roughly mash 2 tbsp butter (dbl for 4 ppl), sour cream and cheddar cheese into potatoes until slightly mashed. (NOTE: 'Smashed' potatoes will still have a few chunks!) Season with salt and pepper.



## 5. FINISH AND SERVE

Divide the **potatoes** and **veggies** between plates. Top with the **chicken** and drizzle over the **remaining BBQ sauce**.

# **Dinner Solved!**

#### **Contact**

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



<sup>\*\*</sup> Cook to a minimum internal temperature of 74°C/165°F, as size may vary.