



# BBQ Chicken Salad

with Pickled Onions and Ranch Dressing

Carb Smart

30 Minutes



Chicken Thighs/Leg



Mini Cucumber



Baby Tomatoes



Spring Mix



Red Onion



Chives



Sour Cream



White Wine Vinegar



BBQ Seasoning



Mayonnaise

HELLO CHIVES

Add a delicate onion flavour to your DIY Ranch with this bright green herb!

## Start here

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

## Bust Out

Baking sheet, medium bowl, measuring spoons, strainer, medium pot, large bowl, small pot, 2 small bowls, whisk, paper towels

## Ingredients

	2 Person	4 Person
Chicken Thighs/Leg †	310 g***	620 g***
Mini Cucumber	132 g	264 g
Baby Tomatoes	113 g	227 g
Spring Mix	56 g	113 g
Red Onion	56 g	113 g
Chives	7 g	7 g
Sour Cream	3 tbsp	6 tbsp
White Wine Vinegar	2 tbsp	4 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

\*\*\* Minimum weight on chicken.

† 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 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.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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## Roast chicken

Pat **chicken** dry with paper towels, then cut into 3-inch pieces. Add **chicken, BBQ Seasoning** and **1 tbsp oil** (dbl for 4 ppl) to a baking sheet. Season with **salt and pepper**, then toss to coat. Arrange in a single layer. Roast, in the **middle** of the oven, until cooked through, 16-18 min.\*\*



## Got eggs? (optional)

While **onions pickle**, add **3 cups warm water** (dbl for 4 ppl) to a medium pot. Bring to a boil over high heat. Once boiling, reduce to medium. Using a spoon, lower **two eggs** (four eggs for 4 ppl) into the **boiling water**. Cook for 7 min for a runny yolk (for a set yolk, cook for 9 min).\*\* Drain and rinse **eggs** with cold water for 30 sec, until cool enough to peel. Peel, then quarter **eggs**. Season with **salt and pepper**.



## Prep

While **chicken** roasts, thinly slice **cucumbers** on a separate cutting board. Halve **tomatoes**. Season **cucumbers** and **tomatoes** with **salt and pepper**. Thinly slice **chives**. Peel, then thinly slice **half the onion** (whole onion for 4 ppl). Separate **onion slices**.



## Make ranch and salad

Add **sour cream, mayo, half the chives** and **1 tsp onion pickling liquid** (dbl for 4 ppl) to another small bowl. Season with **salt and pepper**, then stir to combine. Whisk together **1 tbsp onion pickling liquid** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add **spring mix**. Season with **salt and pepper**, then toss to combine.



## Pickle onion

Add **onions, vinegar** and **2 tbsp water** (dbl for 4 ppl) to a small pot. Season with **salt**. Bring to a simmer over medium-high heat. Cook, stirring often, until **salt** dissolves, 1-2 min. Remove pot from heat. Transfer **onions, including liquid**, to a medium bowl. Set aside in the fridge to cool.



## Finish and serve

Drain **onions**, discarding any **remaining pickling liquid**. Thinly slice **chicken**. Divide **salad** between plates. Arrange **chicken, pickled onions, cucumbers** and **tomatoes** over salad. Add **eggs**, if using. Drizzle **ranch dressing** and sprinkle **remaining chives** over top.

## Dinner Solved!