



BBQ Chicken Thighs

with Loaded Potatoes and Green Salad

Family Friendly 30 Minutes



Chicken Thighs



BBQ Seasoning



BBQ Sauce



Russet Potato



Sour Cream



Cheddar Cheese,
shredded



Baby Spinach



Red Wine Vinegar



Green Onions

HELLO BBQ SAUCE

This sweet and smoky sauce adds depth to grilled and roasted dishes!

Start here

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

Bust out

Baking sheet, measuring spoons, large bowl, parchment paper, large non-stick pan, paper towels

Ingredients

| | 2 Person | 4 Person |
|--------------------------|----------|----------|
| Chicken Thighs ♦ | 4 | 8 |
| BBQ Seasoning | 1 tbsp | 2 tbsp |
| BBQ Sauce | 4 tbsp | 8 tbsp |
| Russet Potato | 460 g | 920 g |
| Sour Cream | 3 tbsp | 6 tbsp |
| Cheddar Cheese, shredded | ¼ cup | ½ cup |
| Baby Spinach | 56 g | 113 g |
| Red Wine Vinegar | 1 tbsp | 2 tbsp |
| Green Onions | 2 | 4 |
| Sugar* | 1 tsp | 2 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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Prep

Thinly slice **green onions**. Cut **potatoes** in half lengthwise.



Roast potatoes

Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to one side of a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange cut-side down. Roast in the **bottom** of the oven until tender, 22-23 min.



Cook chicken

While **potatoes** roast, pat **chicken** dry with paper towels, then season all over with **BBQ Seasoning, salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side. Transfer **chicken** to the other side of the baking sheet with **potatoes**. Roast in the **bottom** of the oven until cooked through, 12-14 min.**



Melt cheese

When **potatoes** are almost done, flip over, then sprinkle **cheese** over top. Return to the **bottom** of the oven until **cheese** melts, 2-3 min.



Make salad

While **cheese** is melting, combine **vinegar**, **1 tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add **spinach**. Season with **salt** and **pepper**, then toss to coat.



Finish and serve

Thinly slice **chicken**. Divide **chicken, potatoes** and **salad** between plates. Dollop **sour cream** over **potatoes**, then sprinkle with **green onions**. Drizzle **BBQ sauce** over **chicken**.

Dinner Solved!