



BBQ Rubbed Chicken and Roasted Veggie Salad and Pepitas

Family 30 Minutes



Chicken Thighs/Leg



Baby Spinach



Butternut Squash,
cubes



Pepitas



Balsamic Vinegar



Red Onion



BBQ Seasoning



Mayonnaise



Dill

HELLO PEPITAS

Also, know as pumpkin seeds, add the perfect crunch to a salad!

Start here

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

Bust Out

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

Ingredients

	2 Person	4 Person
Chicken Thighs/Leg	310 g***	620 g***
Baby Spinach	56 g	113 g
Butternut Squash, cubes	170 g	340 g
Pepitas	28 g	56 g
Balsamic Vinegar	1 tbsp	2 tbsp
Red Onion	113 g	226 g
BBQ Seasoning	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Dill	7 g	14 g
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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

** Minimum weight of chicken.

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.

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Roast veggies

Peel, then cut **onion** into ½-inch pieces. Toss **squash** and **onions** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, stirring halfway through, until tender, 20-22 min.



Cook chicken

While the **veggies** roast, pat **chicken** dry with paper towels. Season with **salt** and sprinkle with **BBQ Seasoning**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook, until golden-brown, 1-2 min per side. Transfer to another baking sheet. Bake, in the **top** of the oven, until **chicken** is cooked through, 10-12 min. ** Carefully wipe pan clean.



Toast pepitas

While the **chicken** bakes, heat the same pan over medium heat. Add the **pepitas** to the dry pan. Toast, stirring often, until golden-brown 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.



Make dill sauce

Roughly chop **dill**. Stir together **mayo**, **dill** and **1 tsp water** (dbl for 4 ppl) in a small bowl. Season with **salt** and **pepper**.



Make dressing

When **veggies** are done, Whisk together **vinegar**, **½ tsp sugar** and **2 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add **veggies** and **spinach**, then toss to combine. Season with **salt** and **pepper**.



Finish and serve

Thinly slice **chicken**. Divide **salad** between plates and top with **chicken**. Spoon **dill sauce** over **chicken** and sprinkle with **pepitas**.

Dinner Solved!