



BBQ Rubbed Chicken

with Roasted Veggie Salad and Pepitas

Family Friendly

30 Minutes



Chicken Thighs/Leg



Sweet Potato



Baby Spinach



Pepitas



Balsamic Vinegar



Red Onion



BBQ Seasoning



Mayonnaise



Dill

HELLO PEPITAS

Also known as pumpkin seeds, they 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, vegetable peeler

Ingredients

	2 Person	4 Person
Chicken Thighs/Leg †	310 g***	620 g***
Sweet Potato	340 g	680 g
Baby Spinach	56 g	113 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 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.

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Roast veggies

Peel, then cut **onion** into ½-inch pieces. Peel, then cut **sweet potatoes** into ½-inch pieces. Toss **sweet potatoes** 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.



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**.



Cook chicken

While **veggies** roast, pat **chicken** dry with paper towels. Season with **salt** and **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.



Make salad

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



Toast pepitas

While **chicken** bakes, heat the same pan over medium. Add **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.



Finish and serve

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

Dinner Solved!