



# BBQ-Rubbed Chicken

with Roasted Veggie Salad and Pepitas

Family Friendly 30 Minutes



Chicken Thighs



Sweet Potato



Baby Spinach



Red Onion



Pepitas



Balsamic Vinegar



BBQ Seasoning



Mayonnaise



Dill-Garlic Spice Blend

## HELLO PEPITAS

Also known as pumpkin seeds, they add extra crunch to salads and bowls!

## 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 ♦	280 g	560 g
Sweet Potato	340 g	680 g
Baby Spinach	113 g	227 g
Red Onion	113 g	226 g
Pepitas	28 g	56 g
Balsamic Vinegar	1 tbsp	2 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Mayonnaise	2 tbsp	4 tbsp
Dill-Garlic Spice Blend	1 tsp	2 tsp
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.

♦ 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

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### Roast veggies

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



### Make dill sauce

While **chicken** bakes, add **mayo**, **Dill-Garlic Spice Blend** and **1 tsp water** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, then stir to combine.



### Toast pepitas

While **veggies** roast, heat a large non-stick medium heat. 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 **pepitas** to a plate.



### Make salad

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



### Cook chicken

Pat **chicken** dry with paper towels. Season with **salt** and **BBQ Seasoning**. Heat the same pan over medium-high. When hot, add **½ tsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 1-2 min per side. Transfer **chicken** to an unlined baking sheet. Bake in the **top** of the oven until **chicken** is cooked through, 10-12 min. \*\*



### Finish and serve

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

## Dinner Solved!