



BBQ-Rubbed Chicken

with Roasted Veggie Salad and Pepitas

Family Friendly 25-35 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, vegetable peeler, measuring spoons, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

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 1-inch pieces.
- Peel **sweet potatoes**, if desired, then cut 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, pepper** and **half the BBQ Seasoning**, then toss to combine.
- Roast in the **middle** of the oven, stirring halfway through, until tender, 20-22 min.



Make dill sauce

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



Toast pepitas

- Meanwhile, 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 pepitas 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 **remaining BBQ Seasoning**.
- Heat the same pan over medium-high.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 1-2 min per side.
- Transfer **chicken** to an unlined baking sheet.
- Roast in the **top** of the oven until **chicken** is cooked through, 9-12 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!