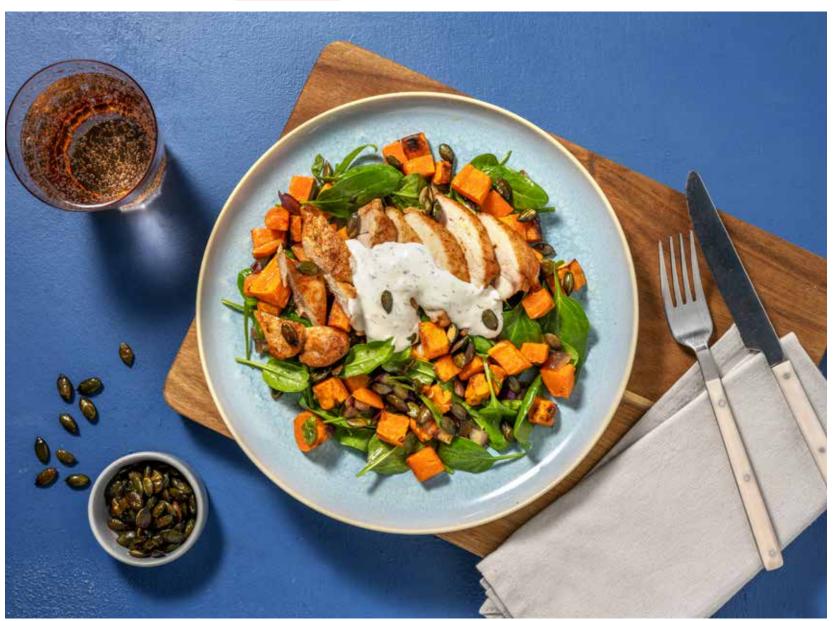


BBQ-Rubbed Chicken

with Roasted Veggie Salad and Pepitas

Family Friendly 25–35 Minutes







Chicken Thighs







Red Onion

Baby Spinach





Balsamic Vinegar

Mayonnaise



BBQ Seasoning





Dill-Garlic Spice Blend

HELLO PEPITAS

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

Inaredients

	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.



Roast veggies

- Peel, then cut onion into 1-inch pieces.
- Peel sweet potatoes, if desired, then cut into 1/2-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.



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.



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.**



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.



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.



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!

Contact