



BBQ Sauce Chicken Thighs

with Loaded Potatoes and Green Salad

Family Friendly 30 Minutes



Chicken Thighs



Chicken Breasts



BBQ Seasoning



BBQ Sauce



Yellow Potato



Sour Cream



Cheddar Cheese, shredded



Baby Spinach



Red Wine Vinegar



Green Onion



Carrot, julienned

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO BBQ SAUCE

This sauce is the perfect blend of sweet, savoury and smoky!

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, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
BBQ Seasoning	1 tbsp	2 tbsp
BBQ Sauce	4 tbsp	8 tbsp
Yellow Potato	480 g	960 g
Sour Cream	3 tbsp	6 tbsp
Cheddar Cheese, shredded	¼ cup	½ cup
Baby Spinach	56 g	113 g
Red Wine Vinegar	1 tbsp	2 tbsp
Green Onion	1	2
Carrot, julienned	56 g	113 g
Sugar*	1 tsp	2 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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Prep and roast potatoes

- Halve **potatoes** lengthwise.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Arrange cut-side down.
- Roast in the **bottom** of the oven until tender, 20-22 min.



Roast chicken

- Transfer **chicken** to another parchment-lined baking sheet.
- Spread **BBQ sauce** over tops of **chicken**.
- Roast in the **middle** of the oven until cooked through, 10-12 min.**



Prep and marinate carrots

- Meanwhile, thinly slice **green onion**.
- Combine **vinegar**, **1 tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl.
- Add **carrots**. Season with **salt** and **pepper**, to taste, then toss to coat.



Melt cheese on potatoes

- When **potatoes** are almost done, carefully remove from the oven.
- Flip **potatoes** over, then arrange in the centre of the baking sheet. Sprinkle **cheese** over top.
- Return **potatoes** to the **bottom** of the oven. Bake until **cheese** melts, 2-3 min.



Prep and sear chicken

- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **chicken** dry with paper towels, then season all over with **salt**, **pepper** and **BBQ Seasoning**.
- When hot, add **½ tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches for 4 ppl, using ½ tbsp oil per batch.) Sear until golden-brown, 2-3 min per side.

If you've opted to get **chicken breasts**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken thighs**.



Finish and serve

- Add **spinach** to the bowl with **carrots**, then toss to combine.
- Thinly slice **chicken**.
- Divide **chicken**, **potatoes** and **salad** between plates.
- Dollop **sour cream** over **potatoes**, then sprinkle with **green onions**.

Dinner Solved!