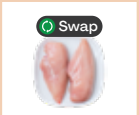




BBQ-Style Chicken Dinner

with Potato Salad and Sugar Snap Peas

30 Minutes



Chicken Breasts*
2 | 4

Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Chicken Thighs*
280 g | 560 g



Yellow Potato
350 g | 700 g



Carrot
1 | 2



Sugar Snap Peas
113 g | 227 g



BBQ Sauce
4 tbsp | 8 tbsp



Mayonnaise
2 tbsp | 4 tbsp



Garlic Puree
1 tbsp | 2 tbsp



Southwest Spice Blend
1 tbsp | 2 tbsp

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.

Pantry items | Salt, pepper, oil, sugar

Cooking utensils | Baking sheet, vegetable peeler, colander, measuring spoons, silicone brush, aluminum foil, large bowl, large pot, large non-stick pan, paper towels

1



Cook potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **potatoes** into ½-inch pieces.
- Add **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain **potatoes**.

2



Prep

- Meanwhile, trim **snap peas**.
- Peel, then cut **carrot** into ¼-inch coins.
- Pat **chicken** dry with paper towels, then season with **Southwest Spice Blend, salt** and **pepper**.

3



Cook chicken

- [Swap](#) | [Chicken Breasts](#)
- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Cook until golden-brown, 2-3 min per side.
- Transfer to a foil-lined baking sheet, then brush with **half the BBQ sauce**.
- Roast **chicken** in the **middle** of the oven until cooked through, 8-10 min.**
- Carefully wipe the pan clean.

4



Cook veggies

- Meanwhile, reheat the same pan over medium.
- When hot, add 1 **tbsp** (2 **tbsp**) **oil**, then **carrots**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Add **snap peas**. Cook, stirring occasionally, until **veggies** are tender, 3-4 min.
- Add **half the garlic puree**. Cook, stirring occasionally until fragrant, 30 sec.

5



Make potato salad

- When **potatoes** are done, combine **mayo, remaining garlic puree** and ¼ **tsp** (½ **tsp**) **sugar** in a large bowl.
- Add **potatoes**. Season with **salt** and **pepper**, then stir to combine.

6



Finish and serve

- Divide **chicken, veggies** and **potato salad** between plates.
- Serve **remaining BBQ sauce** on the side for dipping.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

3 | Cook chicken breasts

[Swap](#) | [Chicken Breasts](#)

If you've opted to get **chicken breasts**, prepare and sear them in the same way the recipe instructs you to prepare and sear the **chicken thighs**, then increase the roast time to 10-12-min.**

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.