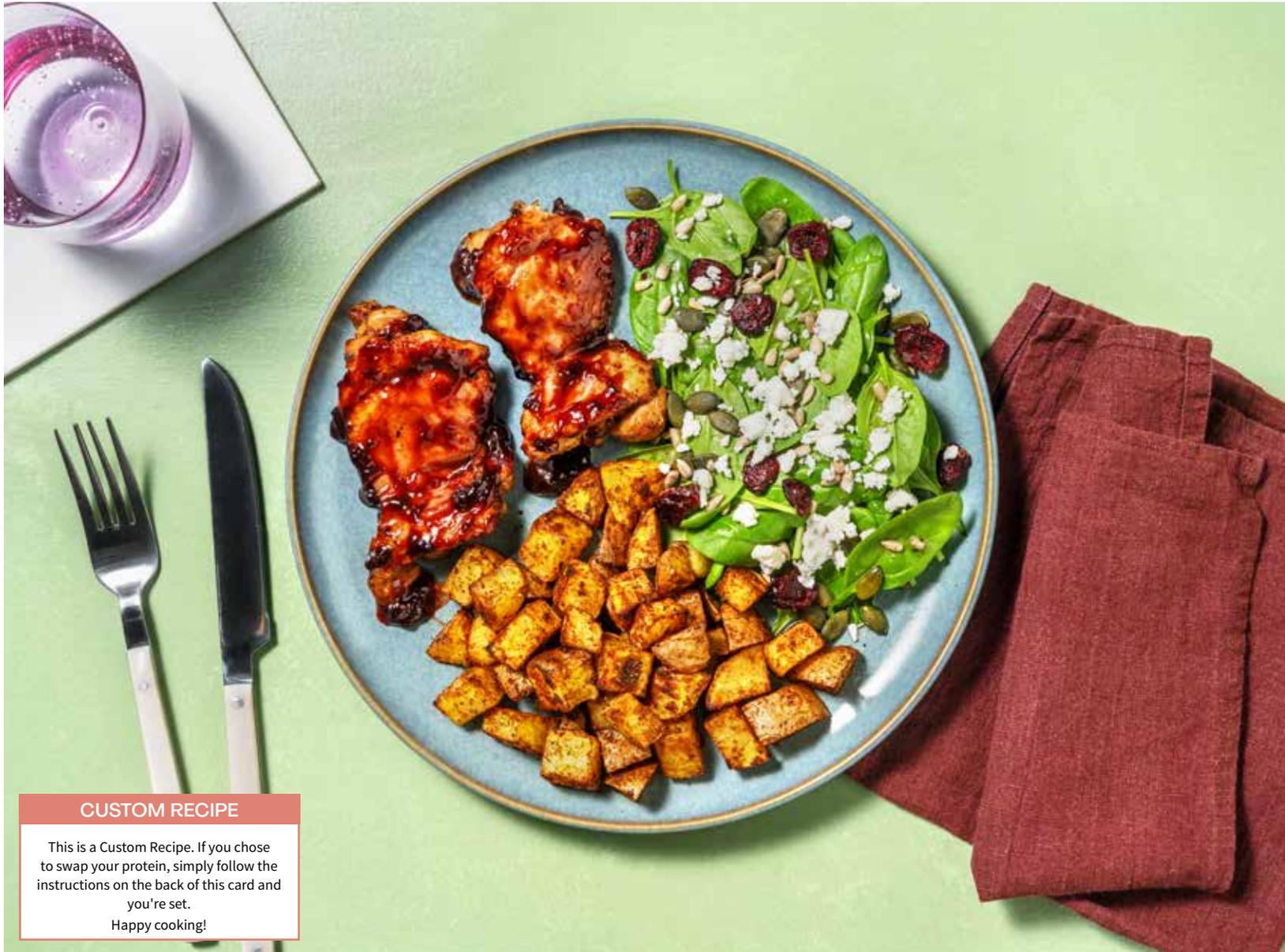




Blueberry BBQ Chicken

with Roast Potatoes and Spinach Salad

35 Minutes



Chicken Thighs



Chicken Breasts



Yellow Potato



Baby Spinach



Salad Topping Mix



Goat Cheese



BBQ Sauce



Blueberry Jam



White Wine Vinegar



BBQ Seasoning

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 BLUEBERRY JAM

Brighten up your BBQ sauce with blueberry jam!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, spatula, large bowl, parchment paper, small pot, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
Yellow Potato	360 g	720 g
Baby Spinach	56 g	113 g
Salad Topping Mix	28 g	56 g
Goat Cheese	28 g	56 g
BBQ Sauce	4 tbsp	8 tbsp
Blueberry Jam	2 tbsp	4 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
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 potatoes

- Cut **potatoes** into ½-inch pieces.
- Add **potatoes**, **half the BBQ seasoning** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min.



Roast chicken

- Transfer **chicken** to a parchment-lined baking sheet.
- Using a spatula, spread **blueberry BBQ sauce** over **tops of chicken**.
- Roast in the **top** of the oven until cooked through, 10-12 min.**



Make sauce

- Meanwhile, heat a small pot over medium heat.
- When hot, add **blueberry jam**. Cook, stirring constantly, until **jam** starts to melt, 1-2 min.
- Add **BBQ sauce**. Cook, stirring often, until **sauce** is smooth and **jam** has fully melted, 1-2 min. Season with **salt** and **pepper**, to taste.
- Remove from heat, then set aside.



Make salad

- When **chicken** and **potatoes** are almost done, add **vinegar**, **½ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk until **sugar** dissolves.
- Add **spinach** to the bowl with **vinaigrette**, then toss to coat.



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 **remaining BBQ Seasoning**.
- When the pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side. (**NOTE:** Chicken will finish cooking in step 4.)

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

- Divide **chicken**, **potatoes** and **salad** between plates.
- Sprinkle **salad topping mix** and crumble **goat cheese** over **salad**.

Thinly slice **chicken**. Top final plates with **chicken**.

Dinner Solved!