














# Honey Garlic Tossed Chicken

with Chopped Salad and Ranch Dressing

30 Minutes



-  Chicken Thighs/Leg
-  Cornstarch
-  Garlic
-  Honey
-  Spring Mix
-  Sour Cream
-  Mayonnaise
-  White Wine Vinegar
-  Mini Cucumber
-  Roma Tomato
-  Dill

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO DIY RANCH

*Dill, sour cream, mayo and vinegar is all you need for a homemade knock out dressing!*

## Start here

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

## Bust Out

Baking sheet, medium bowl, measuring spoons, shallow dish, large bowl, parchment paper, small pot, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Thighs/Leg	310g***	620g***
Cornstarch	1 tbsp	2 tbsp
Garlic	6 g	12 g
Honey	4 tsp	8 tsp
Spring Mix	56 g	113 g
Sour Cream	3 tbsp	6 tbsp
Mayonnaise	2 tbsp	4 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Mini Cucumber	66 g	132 g
Roma Tomato	80 g	160 g
Dill	7 g	7 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

\*\*\* Minimum weight on chicken

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



## 1 Prep

Finley chop the **dill**. Cut **tomato** into ½-inch pieces. Cut **cucumber** in half, lengthwise, then into ½-inch thick half-moons. Peel, then mince or grate **garlic**. Pat the **chicken** dry with paper towels. Add **cornstarch**, **½ tsp salt** and **½ tsp pepper** (dbl both for 4ppl) to a shallow dish. Stir to combine.



## 4 Make salad

In a medium bowl, whisk together **mayo**, **sour cream**, **dill**, **vinegar** and **½ tsp sugar** (dbl for 4 ppl). Season with **salt** and **pepper**. Add **tomatoes**, **cucumber**, **spring mix**. Toss together.



## 2 Start chicken

Add **chicken** to the shallow dish with the **cornstarch mixture**. Turn to coat both sides. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then the **chicken**. Sear, until **chicken** is golden-brown, 1-2 min per side. Transfer to a parchment-lined baking sheet. Bake in the **middle** of the oven, until **chicken** is cooked through, 10-12 min.\*\*



## 5 Toss chicken

Add the **cooked chicken** and **honey-garlic sauce** to a large bowl. Toss to coat. Season with **salt** and **pepper**.



## 3 Make garlic sauce

While the **chicken** cooks, heat a small pot over medium heat. When hot add **honey**, **garlic** and **2 tbsp butter** (dbl for 4ppl). Stir to melt, 1-2 min. Then remove from heat. Set aside.



## 6 Finish and serve

Divide the **chicken** and **salad** between plates.

## Dinner Solved!