



# Sticky BBQ-Spiced Chicken

with Potato Wedges and Ranch

Spicy 30 Minutes



Chicken Tenders



Russet Potato



Roma Tomato



Spring Mix



Ranch Dressing



White Wine Vinegar



BBQ Seasoning



Sweet Chili Sauce

HELLO BBQ SEASONING

*This spice 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

Baking sheet, measuring spoons, 2 large bowls, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Tenders ♦	310 g	620 g
Russet Potato	460 g	920 g
Roma Tomato	80 g	160 g
Spring Mix	56 g	113 g
Ranch Dressing	4 tbsp	8 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
BBQ Seasoning	2 tbsp	4 tbsp
Sweet Chili Sauce 🍷	4 tbsp	8 tbsp
Sugar*	¼ tsp	½ 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.*

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## Roast potato wedges

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes**, **half the BBQ Seasoning** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then toss to coat.
- Transfer **potatoes** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets.) Arrange in a single layer.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



## Make salad

- Meanwhile, cut **tomato** into ½-inch pieces.
- Add **vinegar**, **¼ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) to another large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix** and **tomatoes**, then toss to combine.



## Prep chicken

- Meanwhile, pat **chicken** dry with paper towels.
- Add **chicken**, **remaining BBQ Seasoning** and **½ tbsp oil** (dbl for 4 ppl) to the same large bowl (from step 1). Season with **salt** and **pepper**, then toss to coat.



## Finish and serve

- Divide **chicken**, **potato wedges** and **salad** between plates. Spoon **any sauce** from the pan over **chicken**.
- Serve **ranch dressing** alongside for dipping.

## Dinner Solved!



## Pan-fry and glaze chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **chicken**. Pan-fry until **chicken** is golden-brown and cooked through, 3-4 min per side.\*\*
- Remove the pan from heat, then add **sweet chili sauce**. Toss to coat.
- Cover to keep warm.