



# Sticky-Sweet BBQ Chicken

with Sweet Potato Wedges and Ranch

Spicy

30 Minutes



Chicken Tenders



Double Chicken Tenders



Sweet Potato



Tomato



Spring Mix



Ranch Dressing



White Wine Vinegar



BBQ Seasoning



Sweet Chili Sauce

### CUSTOM RECIPE

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

Happy cooking!

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.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

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

## Ingredients

	2 Person	4 Person
Chicken Tenders ♦	310 g	620 g
Double Chicken Tenders ♦	620 g	1240 g
Sweet Potato	2	4
Tomato	1	2
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.*

## Contact

Call us | (855) 272-7002

HelloFresh.ca

    @HelloFreshCA



### Roast sweet potato wedges

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes, half the BBQ Seasoning** and **1 tbsp** (2 tbsp) **oil** to a large bowl. Season with **salt** and **pepper**, then toss to coat.
- Transfer to a parchment-lined 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, 24-26 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** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** 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** (1 tbsp) **oil** to the same large bowl (from step 1). Season with **salt** and **pepper**, then toss to coat.

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **chicken**. Work in batches, if necessary.



### Finish and serve

- Divide **chicken, sweet 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 golden-brown and cooked through, 3-4 min per side. \*\*
- Remove from heat, then add **sweet chili sauce**. Toss to coat.
- Cover to keep warm.