



# Sticky-Sweet BBQ Chicken

## with Sweet Potato Wedges and Ranch

Spicy

30 Minutes

↗ Custom Recipe

+ 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)

↻ Swap



Chicken Thighs  
280 g | 560 g

↻ Swap



Tofu  
56 g | 113 g



Chicken Tenders  
310 g | 620 g



Sweet Potato  
2 | 4



Baby Tomatoes  
113 g | 227 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



**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.

1



### Roast sweet potato wedges

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

- 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.)

4



### Make salad

- Meanwhile, halve **tomatoes**.
- 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.

2



### Prep chicken

Swap | **Chicken Thighs**

Swap | **Tofu**

- 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.

3



### 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.

5



### 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.

Measurements within steps

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

## 2 | Prep chicken thighs

Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, cut into 1-inch wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken tenders**.

## 2 | Prep and cook tofu

Swap | **Tofu**

If you've opted to get **tofu**, pat dry with paper towels. Cut into ½-inch thick slices. Season and cook **tofu** the same way the recipe instructs you to season and cook the **chicken**.

\*\* 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.



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