



Baked Hot Honey Chicken

with BBQ-Spiced Potatoes and Green Veggies

Optional Spice

30 Minutes



Chicken Breasts



Honey



Jalapeño



All-Purpose Flour



BBQ Seasoning



Russet Potato



Sugar Snap Peas



Green Beans

HELLO HOT HONEY

The perfect balance of sweet and spicy!

Start here

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

Heat Guide for Step 5 (dbl for 4 ppl):

- Mild: ½ tbsp
- Medium: 1 tbsp
- Spicy: 1 ½ tbsp
- Extra-spicy: 2 tbsp

Bust out

2 Baking sheets, measuring spoons, large bowl, parchment paper, small bowl, large non-stick pan, paper towels, plastic wrap

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Honey	2 tbsp	4 tbsp
Jalapeño 🌶️	1	1
All-Purpose Flour	2 tbsp	4 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Sugar Snap Peas	113 g	227 g
Green Beans	170 g	340 g
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 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.

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Roast potatoes

Cut **potatoes** into ½-inch wedges. Add **potatoes, 1 tbsp oil** (dbl for 4 ppl) and **half the BBQ seasoning** to a baking sheet. Season with **salt and pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 23-25 min.



Season chicken

While **potatoes** roast, pat **chicken** dry with paper towels. Cover **each chicken breast** with plastic wrap. Using a mallet, rolling pin or heavy-bottomed pan, carefully pound **each chicken breast** until ½-inch thick. Season with **salt and pepper**. Combine **remaining BBQ seasoning** and **flour** in a large bowl. Add **chicken**, then toss to coat.



Cook chicken

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 2-3 min per side. (**TIP:** Don't overcrowd the pan; cook chicken in 2 batches if needed, using 1 tbsp oil per batch!) Transfer **chicken** to a parchment-lined baking sheet. Bake in the **top** of the oven until cooked through, 10-12 min.** Carefully wipe pan clean.



Cook veggies

While **chicken** cooks, trim **snap peas**. Trim, then halve **green beans**. Heat the same pan over medium-high. When hot, add **beans** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring often, until **water** evaporates, 3-4 min. Add **snap peas** and **½ tbsp oil** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 2-3 min. Season with **salt and pepper**, then set aside.



Make hot honey

Core, then finely chop **jalapeño**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping jalapeño!) Stir together **jalapeños** and **honey** in a small microwavable bowl. (**NOTE:** Reference heat guide.) Microwave on low until warmed through, 25-30 sec. Season with **salt**.



Finish and serve

Divide the **potatoes, chicken** and **veggies** between plates. Drizzle **hot honey** over **chicken**.

Dinner Solved!