



# Baked Hot Honey Chicken

with BBQ-Spiced Potatoes and Snap Peas

Spicy

35 Minutes



Chicken Breasts



Honey



Jalapeño



All-Purpose Flour



BBQ Seasoning



Russet Potato



Sugar Snap Peas



Red Onion



Chicken Salt

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:

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

## Bust out

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

## 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
Red Onion	56 g	113 g
Chicken Salt	1 tbsp	2 tbsp
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 or email us | (855) 272-7002

hello@hellofresh.ca

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Facebook Instagram Twitter Pinterest @HelloFreshCA



## Roast potatoes

Cut **potatoes** into ½-inch wedges. Add **potatoes, 1 tbsp oil** (dbl for 4 ppl), **half the BBQ seasoning** and **half the chicken salt** to an unlined 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.



## Cook veggies

While **chicken** cooks, peel, then cut **half the onion** into ½-inch slices (whole onion for 4 ppl). Trim **snap peas**. Heat the same pan over medium-high. When hot, **½ tbsp oil** (dbl for 4 ppl), then **onions** and **snap peas**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **remaining chicken salt** and **pepper**, then set aside.



## 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.



## Make hot honey

Core, then finely chop **jalapeño**, removing seeds for less heat. (**TIP:** We suggest using gloves when prepping jalapeños!) 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**.



## 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. (**NOTE:** 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 the pan clean.**



## Finish and Serve

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

## Dinner Solved!