



BBQ-RUBBED CHICKEN

with Mashed Sweet Potatoes and Lemony Roasted Veggies



HELLO
SWEET AND SMOKY BBQ SEASONING
 This flavorful rub of smoked paprika, mustard, cumin, and ginger gives chicken savory smokehouse flavor.

PREP: 5 MIN | TOTAL: 35 MIN | CALORIES: 720



Sweet Potatoes



Lemon



Chicken Breasts



Green Beans



Honey



Carrot



Sour Cream
(Contains: Milk)



Sweet and Smoky
BBQ Seasoning



Chicken Stock
Concentrate



Chili Flakes

START STRONG

In step 1, we ask you to cut your carrot into pieces that roughly match your green beans (use a bean as a guide!). In addition to helping the two veggies look like a pair on your plate, this ensures they'll roast evenly and finish cooking at the same time.

BUST OUT

- Peeler
- Zester
- Medium pot
- Strainer
- Potato masher
- Vegetable oil (5 tsp | 5 tsp)
- Butter (2 TBSP | 3 TBSP)
(Contains: Milk)
- Paper towels
- Medium pan
- Baking sheet
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Sweet Potatoes **2 | 4**
- Carrot **3 oz | 6 oz**
- Lemon **1 | 1**
- Sour Cream **4 TBSP | 8 TBSP**
- Chicken Breasts* **12 oz | 24 oz**
- Sweet and Smoky BBQ Seasoning **1 TBSP | 1 TBSP**
- Green Beans **6 oz | 12 oz**
- Chicken Stock Concentrate **1 | 2**
- Honey **4 tsp | 8 tsp**
- Chili Flakes **1 tsp | 1 tsp**

* Chicken is fully cooked when internal temperature reaches 165 degrees.

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

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1 PREP

Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. **Wash and dry all produce.** Dice **sweet potatoes** into ½-inch pieces. Trim, peel, and halve **carrot** lengthwise; cut into pieces about the size of the green beans. Zest and quarter **lemon**.



4 ROAST CHICKEN AND VEGGIES

On opposite side of baking sheet from chicken, toss **green beans** and **carrot** with a large drizzle of **oil**, **salt**, and **pepper**. (For 4 servings, add veggies to a second baking sheet; roast veggies on top rack and chicken on middle rack.) Roast on top rack until chicken is cooked through and veggies are tender, 12-15 minutes. Remove from oven; let chicken rest.

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2 MASH SWEET POTATOES

Place **sweet potatoes** in a medium pot with enough **salted water** to cover to by 2 inches. Boil until tender, 15-20 minutes. Drain and return sweet potatoes to pot. Mash until smooth, then stir in **sour cream** and season with **salt** and **pepper**. Keep covered off heat until ready to serve.



5 MAKE SAUCE

Once chicken has roasted 10 minutes, heat pan used for chicken over medium-high heat. Add ¼ **cup water** (½ cup for 4 servings), **stock concentrate**, and **honey**. Bring to a simmer and cook until slightly thickened, 2-4 minutes. Reduce heat to low and stir in **2 TBSP butter** (3 TBSP for 4) until melted. Season with **salt** and **pepper**.



3 SEAR CHICKEN

Meanwhile, pat **chicken** dry with paper towels; season all over with **salt**, **pepper**, and half the **BBQ Seasoning** (use all for 4 servings). Heat a large drizzle of **oil** in a medium pan over medium-high heat. Add chicken; sear until golden brown but not yet cooked through, 2-4 minutes per side (it'll finish cooking in the oven). Turn off heat; transfer chicken to one side of a lightly **oiled** baking sheet. Wipe out pan.



6 FINISH AND SERVE

Toss **green beans** and **carrot** with **lemon zest** and **juice** to taste. Divide between plates with **sweet potatoes**. Top sweet potatoes with **chicken** and drizzle with **sauce**. Sprinkle with **chili flakes** to taste. Serve with remaining **lemon wedges** on the side.

BRING IT ON AGAIN

Next time, try making this BBQ-style dish with pork chops.

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