



## Char-Broiled Barbecue Chicken

with Summery Potato and Green Bean Salad

We've got a good feeling the entire family will love this chicken dish. Why? Well, our chefs decided to use thighs instead of the breast. This cut of meat has a deeper, richer flavor — not to mention an irresistible crisp texture without the skin! But if you're not the biggest fan, simply trim off some of the fat before cooking.



**Prep:** 10 min  
**Total:** 30 min



level 1



nut free



dairy free



gluten free



Chicken Thighs



Green Beans



Baby Red Potatoes



Scallions



White Wine Vinegar



Mayonnaise



Barbecue Sauce

## Ingredients

	4 People
Chicken Thighs	24 oz
Baby Red Potatoes	24 oz
Green Beans	12 oz
Scallions	4
White Wine Vinegar	4 t
Mayonnaise	1) 2) 5 T
Barbecue Sauce	4 oz
Oil*	2 t

\*Not Included

## Allergens

- 1) Eggs
- 2) Soy

## Tools

Large pot, Foil, Baking sheet, Slotted spoon, Medium bowl, Strainer

**Nutrition per person** Calories: 496 cal | Fat: 21 g | Sat. Fat: 4 g | Protein: 38 g | Carbs: 44 g | Sugar: 14 g | Sodium: 450 mg | Fiber: 6 g



**1 Prep: Wash and dry all produce.** Preheat the broiler to high or oven to 500 degrees. If you have a grill, fire it up to high! Thinly slice the **scallions**, keeping the **greens** and **whites** separate. Cut the **potatoes** into  $\frac{3}{4}$ -inch cubes. Trim the ends of the **green beans**.

**2 Start the potatoes and the chicken:** Place the **potatoes** in a large pot of **salted water**. Bring to a boil for 10-12 minutes, until tender. While the potatoes cook, place the **chicken thighs** on a lightly oiled, foil-lined baking sheet. Season on all sides with **salt** and **pepper**, then coat the top side with **half the barbecue sauce**. Place under the broiler for 5-7 minutes.

**3 Finish the potatoes and the chicken:** Remove the **potatoes** with a slotted spoon (keep the water boiling on the stove for later!) and place in a medium bowl. Set them aside in the fridge to cool. Now back to the **chicken**. Flip and coat with the remaining **barbecue sauce**, and broil another 7-10 minutes, until lightly charred and cooked through. **TIP:** You can also cook the chicken on the grill! Just brush the sauce on towards the end of cooking.

**4 Cook the green beans:** Add the **green beans** to the boiling water. Cook 3-4 minutes, until crisp-tender. Drain, rinse under cold water, and thoroughly dry. Cut into 2-inch pieces.

**5 Make the potato salad:** Add the **green beans**, **scallion whites**, **5 Tablespoons mayonnaise**, and **4 teaspoons white wine vinegar** to the bowl with the **potatoes** and toss to mix well. Season generously with **salt** and **pepper**.

**6 Serve:** Serve the **char-broiled barbecue chicken** on a bed of summery **potato and green bean salad**, garnish with the reserved **scallion greens**, and enjoy!

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