



# Hot 'n' Honey Chicken

with BBQ-Spiced Potatoes and Tomato Salad

Quick

Optional Spice

25 Minutes



Chicken Breasts



Chicken Thighs



Yellow Potato



Baby Tomatoes



Ranch Dressing



Chili Garlic Sauce



Honey



BBQ Seasoning



White Wine Vinegar



Spring Mix

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO HONEY

A naturally sweet ingredient that's a great sugar alternative!

## Start here

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Chicken Thighs ♦	280 g	560 g
Yellow Potato	360 g	720 g
Baby Tomatoes	113 g	227 g
Ranch Dressing	4 tbsp	8 tbsp
Chili Garlic Sauce 🍷	1 tbsp	2 tbsp
Honey	2 tbsp	4 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
White Wine Vinegar	½ tbsp	1 tbsp
Spring Mix	56 g	113 g
Sugar*	¼ tsp	½ tsp
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

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### Roast potatoes

- Halve **potatoes**.
- Add **potatoes**, **½ tbsp BBQ seasoning** and **1 tbsp oil** (dbl both for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Arrange cut-side down.
- Roast **potatoes** in the **middle** of the oven until tender and golden-brown, 20-23 min.



### Cook chicken

- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt**, **pepper** and **remaining BBQ Seasoning**.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side.
- Transfer to an unlined baking sheet.
- Roast in the **top** of the oven until cooked through, 10-12 min.\*\*

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breasts**.



### Prep and marinate tomatoes

- Meanwhile, halve **tomatoes**.
- Add **half the vinegar** (use all for 4 ppl), **¼ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **tomatoes**, then toss to coat. Set aside.



### Finish and serve

- Thinly slice **chicken**.
- Add **spring mix** to the bowl with **marinated tomatoes**, then toss to combine.
- Divide **chicken**, **potatoes** and **salad** between plates.
- Drizzle **BBQ honey sauce** over **chicken**. Top with **chili-garlic sauce**, if desired.
- Serve **ranch dressing** alongside for dipping.

## Dinner Solved!



### Make sauce

- Combine **honey** and **½ tsp BBQ Seasoning** (dbl for 4 ppl) in a small bowl.