



Smart BBQ Chicken Salad

with Pickled Onions and Ranch Dressing

Carb Smart

Calorie Smart

30 Minutes



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!



Chicken Thighs



Chicken Breasts



Sweet Bell Pepper



Spring Mix



Red Onion



White Wine Vinegar



BBQ Seasoning



Ranch Dressing



Egg

HELLO BBQ SEASONING

This spice is the perfect blend of sweet, savoury and smoky!

Start here

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

Bust out

Baking sheet, medium bowl, measuring spoons, strainer, medium pot, large bowl, small pot, measuring cups, whisk, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs *	280 g	560 g
Chicken Breasts *	2	4
Sweet Bell Pepper	160 g	320 g
Spring Mix	113 g	227 g
Red Onion	56 g	113 g
White Wine Vinegar	2 tbsp	4 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Ranch Dressing	4 tbsp	8 tbsp
Egg	1	2
Oil*		
Salt and Pepper*		

* Pantry items

** Cook chicken and eggs 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 chicken

- Pat **chicken** dry with paper towels, then cut **each thigh** in half.
- Add **chicken, BBQ Seasoning** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange in a single layer.
- Roast in the **middle** of the oven until cooked through, 16-18 min.**

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



Cook egg

- Meanwhile, add **4 cups warm water** (same for 4 ppl) to a medium pot. Bring to a boil over high heat.
- Once boiling, reduce heat to medium. Using a spoon, lower **egg** (both eggs for 4 ppl) into the **boiling water**. Cook for 6 min for a runny yolk or 9 min for a set yolk.**
- Drain and rinse **egg** with **cold water** until cool enough to peel, 30 sec.
- Peel, then quarter **egg**. Season with **salt** and **pepper**.



Prep

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Peel, then thinly slice **half the onion** (whole onion for 4 ppl). Separate **onion** slices.



Make salad

- Add **1 tbsp onion pickling liquid** and **1 tbsp oil** (dbl both for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **spring mix** and **peppers**, then toss to combine.



Pickle onions

- Add **onions, vinegar** and **2 tbsp water** (dbl for 4 ppl) to a small pot. Season with **salt**. (**TIP:** Add sugar to pickling liquid, if desired!)
- Bring to a simmer over medium-high heat.
- Once simmering, cook, stirring often, until **salt** dissolves, 1-2 min.
- Remove the pot from heat. Transfer **onions**, including **liquid**, to a medium bowl. Place in the fridge to cool.



Finish and serve

- Thinly slice **chicken**.
- Divide **salad** between plates. Arrange **chicken** over **salad**.
- Top with **some pickled onions** and **eggs**. (**TIP:** Any leftover pickled onions and pickling liquid can be saved and refrigerated for up to 3 days!)
- Drizzle **ranch dressing** over top.

Dinner Solved!