



SHEET PAN BBQ CHICKEN

with Roasted Garlic Herb Potatoes & Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Red Potatoes



10 oz | 20 oz
Chicken Cutlets



6 oz | 12 oz
Green Beans



4 TBSP | 8 TBSP
BBQ Sauce



2 tsp | 4 tsp
Dijon Mustard



2 TBSP | 4 TBSP
Garlic Herb Butter
Contains: Milk



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HelloCustom

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



6 oz | 12 oz
Asparagus
Calories: 510



8 oz | 16 oz
Broccoli
Calories: 540



PREP: 5 MIN | COOK: 40 MIN | CALORIES: 520



HELLO

RED POTATOES

These red-skinned “waxy” spuds are sturdier and less starchy than their russet counterparts.

TATER TIP

To ensure your potatoes roast evenly, arrange them spaced apart in a single layer on the baking sheet so they crisp up (instead of steaming!).

BUST OUT

- Baking sheet
- Small bowl
- Large bowl
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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



1 START PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into 1-inch pieces.



2 ROAST POTATOES

- Toss **potatoes** on one side of a baking sheet with a **large drizzle of oil, salt, and pepper.** (For 4 servings, spread potatoes out across entire sheet.)
- Roast on top rack for 12 minutes (**you'll add more to the sheet then**).



4 ROAST CHICKEN & GREEN BEANS

- Pat **chicken*** dry with paper towels; season all over with **salt and pepper.**
- Once potatoes have roasted 12 minutes, remove sheet from oven. Carefully add **green beans** to opposite side (**reserve bowl!**).
- Nestle chicken on top of green beans. Return to top rack and roast until veggies are tender and lightly browned and chicken is cooked through, 15-18 minutes more. (**For 4 servings, leave potatoes roasting. Add green beans and chicken to a second baking sheet; roast on middle rack.**)

- Once potatoes have roasted 12 minutes, carefully add **chicken** to opposite side of sheet from **potatoes.** Return to top rack and roast for 5 minutes. Remove sheet from oven and carefully add **asparagus** to sheet. Roast 10-12 minutes more.

- Swap in **broccoli** for green beans.



3 FINISH PREP & MAKE SAUCE

- While potatoes roast, trim **green beans** if necessary. In a large bowl, toss green beans with a **drizzle of oil.** Lightly season with **salt and pepper.**
- In a small bowl, combine **BBQ sauce, mustard, 1 tsp water** (2 tsp for 4 servings), **salt, and pepper.**

- Trim and discard woody bottom ends from **asparagus** or cut **broccoli** into bite-size pieces if necessary; toss asparagus or broccoli as instructed. (**Save green beans for another use.**)



5 FINISH VEGGIES

- Once chicken and veggies are done roasting, remove sheet from oven. Transfer **chicken** to a plate.
- Carefully transfer **veggies** to bowl used for green beans. Add **garlic herb butter** and toss until butter is melted and veggies are evenly coated. Taste and season with **salt and pepper** if desired.



6 SERVE

- Divide **chicken** and **veggies** between plates. Drizzle chicken with as much **BBQ sauce** as you like. Serve with any remaining BBQ sauce on the side.