



JUL
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Honey-Smoked Chicken Skewers

with Potato Wedges and Sour Cream

This recipe is the furthest thing from a boring chicken dinner, which may explain why we're head-over-heels in love with it. You can't beat the combination of honey-smoked skewers and crisp potato wedges. It's a meal so good, you'll forget it's also good FOR you.



Prep: 10 min
Total: 30 min



level 1



nut free



gluten free



Chicken Thighs



Yukon Potatoes



Baby Gem Lettuce



Roma Tomatoes



Whole Grain Mustard



Honey



Sour Cream



Skewers

Ingredients

	4 People
Chicken Thighs	24 oz
Yukon Potatoes	24 oz
Baby Gem Lettuces	2
Roma Tomatoes	2
Whole Grain Mustard	2 T
Honey	4 T
Sour Cream	4 T
Wooden Skewers	12
Olive Oil*	8 t

*Not Included

Allergens

1) Milk

Tools

2 Baking sheets, Large bowl, Medium bowl, Small bowl

Ruler

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Nutrition per person Calories: 533 cal | Fat: 19 g | Sat. Fat: 4 g | Protein: 41 g | Carbs: 52 g | Sugar: 19 g | Sodium: 341 mg | Fiber: 6 g

1



1 Prep and cook the potatoes: Wash and dry all produce. Preheat the oven to 400 degrees. Soak the **skewers** in water. Cut the **potatoes** into large wedges like steak fries. Toss the **potato wedges** on a baking sheet with **2 Tablespoons olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 25 minutes, turning once, until golden brown.

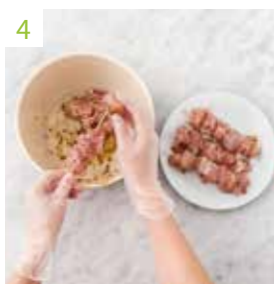
2



2 Marinate the chicken: In a medium bowl, stir together the **mustard** and **honey**. Set $\frac{1}{4}$ of the mixture aside in a small bowl. Cut the **chicken** into bite-sized pieces, and toss into the medium bowl with the marinade. Season generously with **salt** and **pepper**. **TIP:** If you have the time, marinate the chicken, covered, for up to 24 hours in the fridge.

3 Prep the salad: Trim and thinly slice the **lettuce**. Core, seed, and dice the **tomatoes**. Place them into a large bowl.

4



4 Assemble and cook the skewers: Thread the **chicken** onto skewers. Place the skewers onto a lightly oiled baking sheet. Bake 10-15 minutes, until cooked through. Remove the **potato wedges** from the oven, then heat broiler to high (or oven to 500 degrees). Broil the skewers another 3-5 minutes, until slightly charred.

5 Finish and plate: Toss the **salad** with a large drizzle of **olive oil**. Season with **salt** and **pepper**. Serve the **chicken skewers** on a bed of **salad** with the **potato wedges** on the side. Drizzle the reserved **marinade** over the chicken skewers, and serve with the **sour cream** for dipping. Enjoy!

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