

# BBQ Baked Chicken

with Sweet Potato Salad & Garlicky Green Beans

**TIME:** 25-35 minutes

**SERVINGS:** 2

Late-summer weather calls for easy cooking and classic flavors, and tonight's all-American meal delivers. To make the most of our tangy-sweet barbecue sauce, we're coating our chicken twice—once before baking it, then again afterwards. We're also making a sweet potato salad with a bit of marinated shallot, and quickly sautéing green beans with garlic.



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## Ingredients



2  
BONELESS, SKIN-  
ON CHICKEN  
BREASTS



6 oz  
GREEN BEANS



1 bunch  
CHIVES



1 clove  
GARLIC



1 lb  
SWEET POTATOES

## KNICK KNACKS:



1/4 cup  
BARBECUE SAUCE



1  
SHALLOT



1 Tbsp  
WHITE WINE  
VINEGAR



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### 1 Coat & bake the chicken:

- ☐ Preheat the oven to 450°F.
- ☐ Heat a medium saucepan of salted water to boiling on high.
- ☐ Line a sheet pan with aluminum foil. Lightly oil the foil.
- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Place the seasoned chicken on the prepared sheet pan; top with **half the barbecue sauce** and **half the vinegar**. Turn to thoroughly coat. Arrange the coated chicken skin side up.
- ☐ Bake 19 to 21 minutes, or until the chicken is cooked through. Remove from the oven. Set aside in a warm place.

### 2 Prepare the ingredients & marinate the shallot:

- ☐ While the chicken bakes, wash and dry the fresh produce.
- ☐ Peel and large dice the sweet potatoes.
- ☐ Cut off and discard the stem ends of the green beans.
- ☐ Peel and roughly chop the garlic.
- ☐ Thinly slice the chives.
- ☐ Peel the shallot and mince to get 2 tablespoons (you may have extra); place in a bowl. Add the **remaining vinegar** and a drizzle of olive oil; season with salt and pepper.

### 3 Cook the sweet potatoes:

- ☐ While the chicken continues to bake, add the **sweet potatoes** to the saucepan of boiling water. Cook 10 to 12 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the saucepan.

### 4 Cook the green beans:

- ☐ While the sweet potatoes cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **green beans**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- ☐ Add the **garlic** and cook, stirring frequently, 1 to 2 minutes, or until lightly browned.
- ☐ Turn off the heat; season with salt and pepper to taste.

### 5 Make the sweet potato salad:

- ☐ To the saucepan of **cooked sweet potatoes**, add the **marinated shallot** (including any marinating liquid), **half the chives**, and **2 teaspoons of olive oil**. Stir to thoroughly combine; season with salt and pepper to taste.

### 6 Finish the chicken & plate your dish:

- ☐ Transfer the **baked chicken** to a large bowl. Add the **remaining barbecue sauce**; turn to thoroughly coat. Transfer to a cutting board and slice crosswise.
- ☐ Divide the finished chicken, **sweet potato salad**, and **cooked green beans** between 2 dishes. Garnish with the **remaining chives**. Enjoy!