



In your box

- 14 oz. Sweet Potato
- 2 Boneless Skinless Chicken Breasts
- ½ tsp. Powdered Ranch Seasoning
- 3 oz. BBQ Sauce
- 2 tsp. Sriracha
- 2 Brioche Buns
- 1 ½ oz. Swiss Cheese Slices
- ½ oz. Baby Arugula



Pulled BBQ Chicken Sandwich

with ranch sweet potatoes

NUTRITION per serving—Calories: 851, Carbohydrates: 101g, Fat: 24g, Protein: 53g, Sodium: 1650mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
45-55 min.

Cook Within
5 days

Difficulty Level ● □ □
Easy

Spice Level ● □ □
Mild

🕒 You will need

Olive Oil, Cooking Spray
Baking Sheet, Medium Non-Stick Pan, Mixing Bowl

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **BBQ sauce**



1 Start the Sweet Potato Rounds

- Cut **sweet potato** into ¼” rounds.
- Place sweet potato rounds on prepared baking sheet and toss with 1 Tbsp. **olive oil**. Massage oil into potatoes.
- Spread into a single layer and bake in hot oven until beginning to brown, 20 minutes.
- Remove from oven. *Sweet potato rounds will finish cooking in a later step.*
- While sweet potato rounds bake, sear chicken.



2 Cook the Chicken

- Pat **chicken breasts** dry.
- Heat 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Place chicken in hot pan and cook until lightly browned, 2-3 minutes.
- Flip chicken and reduce heat to medium-low. Add ¼ cup **water**, cover, and cook until chicken reaches a minimum internal temperature of 165 degrees, 8-11 minutes.
- Transfer to a mixing bowl and cover with plastic wrap. Set aside at least 5 minutes.



3 Finish the Sweet Potato Rounds

- After **sweet potato rounds** have baked 20 minutes, remove baking sheet from oven and flip rounds.
- Bake again until rounds are golden brown and tender, 12-15 minutes.
- Season both sides of cooked rounds with **ranch seasoning**.



4 Sauce the Chicken

- Once **sweet potato rounds** are finished cooking, shred cooled **chicken** into bite-sized pieces. *Alternatively, coarsely chop chicken.*
- Add half the **BBQ sauce** (reserve remaining for sandwich) and half the **Sriracha** to chicken and combine. Taste chicken, and add remaining Sriracha if desired. *Omit Sriracha entirely if spice-averse.*



5 Toast the Buns

- Place **brioche buns** directly on oven rack and toast until lightly browned, 2-3 minutes.
- Plate dish as pictured on front of card, placing a **Swiss cheese slice** on bottom bun, then adding remaining **BBQ sauce, shredded chicken, arugula**, and top bun. Bon appétit!