












BBQ Chicken Thighs with Roasted Potatoes

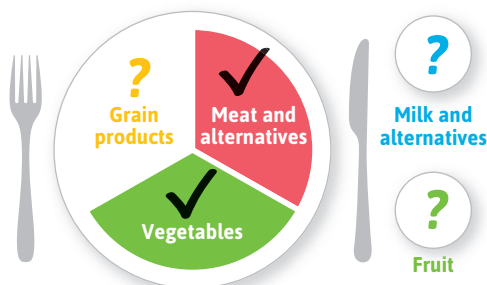
Preparation time	30 minutes
Cooking time	60 minutes
Servings	4
Cost per serving	\$2.49
Storage	3 days in the fridge
Kitchen tools	Measuring cups and spoons, cutting board, vegetable peeler, sharp knife, large bowl, baking sheet, parchment paper (or oil), small bowl, wooden spoon, spoon, small pot



Ingredients

 60 ml (¼ cup) ketchup	 45 ml (3 tbsp) apple cider vinegar	 30 ml (2 tbsp) brown sugar	 20 ml (4 tsp) mustard powder	 25 ml (5 tsp) paprika	 Salt, pepper and Tabasco-style hot sauce, to taste
 4 whole chicken thighs, with skin (about 1-1.25 kg/2-2.5 lb)	 4 potatoes, peeled and chopped into large wedges	 60 ml (¼ cup) canola oil (divided: 30 ml [2 tbsp] + 30 ml [2 tbsp])	 30 ml (2 tbsp) all-purpose flour	 375 ml (1½ cups) chicken broth <i>OR WATER</i>	

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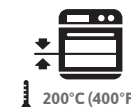
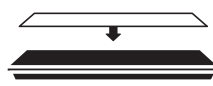








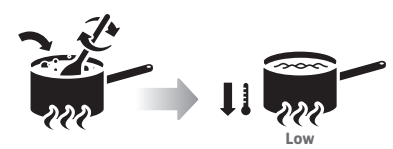



Balanced plate

Serve with:

- ? A grain product (a slice of bread, couscous or rice, for example)
- ? Vegetables (salad or raw vegetables, for example) to round out the serving, and a fruit
- ? A glass of milk or fortified soy beverage

Directions

<p>1 Place oven rack in the middle position and preheat the oven to 200°C (400°F). Oil a baking sheet or cover with parchment paper.</p>	 
<p>2 In a large bowl, combine ketchup, apple cider vinegar, brown sugar, mustard powder, paprika, salt, pepper and hot sauce until the mixture has a smooth and even texture. Set aside 125 ml (½ cup) of this barbecue sauce in a small bowl.</p>	 
<p>3 In a large bowl, thoroughly coat the chicken thighs with the sauce, one at a time. Place on the baking sheet.</p>	 
<p>4 In the same bowl, add the potato wedges, 30 ml (2 tbsp) of oil, salt and pepper. Mix. Spread the potato wedges evenly on the baking sheet around the chicken thighs.</p>	 
<p>5 Bake about 1 hour, or until chicken is cooked through and the meat separates easily from the bone. Turn the chicken at least once while it bakes. Tip: Use the cooking time to prepare your side dishes.</p>	
<p>6 Heat 30 ml (2 tbsp) of oil in a small pot over medium-high heat. Add the flour and cook for 2 minutes stirring constantly until the mixture becomes light brown.</p>	
<p>7 Add the chicken broth. Bring to a boil, stirring constantly, then lower heat.</p>	
<p>8 Add the sauce that was set aside and heat for 10 minutes until the sauce has thickened to the desired consistency. Serve with the chicken.</p>	

My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition