



Greek-Inspired Breaded Chicken Tenders

with Garlic-Feta Cucumber Salad

Family Friendly 25-35 Minutes

Swap



Chicken Breasts
2 | 4

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Chicken Breast Tenders
310 g | 620 g



Italian Breadcrumbs
8 tbsp | 16 tbsp



Yogurt Sauce
3 tbsp | 6 tbsp



Russet Potato
2 | 4



Garlic, cloves
1 | 1



Mayonnaise
2 tbsp | 4 tbsp



Lemon-Pepper Seasoning
1 tbsp | 2 tbsp



Feta Cheese, crumbled
1/4 cup | 1/4 cup



Mini Cucumber
2 | 4



White Wine Vinegar
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Oil, pepper, salt

Cooking utensils | 2 baking sheets, large non-stick pan, measuring spoons, medium bowl, paper towels, parchment paper, shallow dish, whisk

1



Roast wedges

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **potatoes** into ¼-inch wedges. Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.)
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway.)

4



Prep remaining ingredients

- Meanwhile, cut **cucumber** into ¼-inch rounds.
- Peel, then mince or grate **garlic**.

2



Prep chicken

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- Meanwhile, pat **chicken** dry with paper towels, then season with **salt** and **pepper**.
- Combine **breadcrumbs** and **half the Lemon-Pepper Seasoning** in a shallow dish.
- Coat **chicken** all over with **mayo**.
- Working with **one chicken tender** at a time, press both sides into **breadcrumb mixture** to coat completely.

3



Cook chicken

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** For 4 ppl, cook in batches, using 1 tbsp oil per batch.) Pan-fry until golden-brown, 3-4 min per side.
- Transfer **chicken** to another parchment-lined baking sheet.
- Bake in the **top** of the oven until cooked through, 8-10 min.**

5



Make feta-cucumber salad

- Whisk together **vinegar**, **remaining Lemon-Pepper Seasoning**, **⅓ tsp** (¼ tsp) **garlic**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a medium bowl.
- Add **cucumber** and **feta**, then toss to combine.

6



Finish and serve

- Divide **chicken tenders**, **potato wedges** and **feta-cucumber salad** between plates.
- Dollop **yogurt sauce** over **chicken**.

Measurements
within steps

1 tbsp (2 tbsp) oil
2 person 4 person Ingredient

2 | Prep chicken

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If you've opted to get **chicken breasts**, cut into 1-inch wide strips, then prep and cook them in the same way the recipe instructs you to prep and cook the **chicken breast tenders**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.