



BONELESS HONEY GARLIC WINGS

with Potato Coins and Carrot Sticks

FAMILY



HELLO CORNSTARCH!

A dusting of cornstarch is what gives these tenders their crispy chicken wing like texture!

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 546



Chicken Tenders



Yellow Potato



Sweet Chili Sauce



Honey



Garlic



Mayonnaise



Cornstarch



White Wine Vinegar



Carrot



Sour Cream



Chives

BUST OUT

- Baking Sheet
- 2 Small Bowls
- Large Non-Stick Pan
- Whisk
- Measuring Spoons
- Salt and Pepper
- Medium Bowl
- Olive or Canola oil
- Paper Towel
- Sugar (1 tsp)
- Garlic Press

INGREDIENTS

4-person

- Chicken Tenders 680 g
- Yellow Potato 600 g
- Sweet Chili Sauce 🍷 1 tbsp
- Honey 1 ½ tbsp
- Garlic 3 g
- Mayonnaise 3,4,6,9 4 tbsp
- Cornstarch 6 tbsp
- White Wine Vinegar 9 2 tbsp
- Carrot 340 g
- Sour Cream 2 3 tbsp
- Chives 7 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat the oven to **450°F** (to roast potatoes). Start prepping when the oven comes up to temperature!



1 ROAST POTATOES

Wash and dry all produce.* Slice **potatoes** into ¼-inch rounds. On a baking sheet, toss **potatoes** with **2 tbsp oil**. Arrange in a single layer. Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping **rounds** over halfway through cooking, until **potatoes** are golden-brown, 25-28 min.



4 MAKE SAUCES

Meanwhile, in a small bowl, whisk together **sweet chili sauce**, **honey**, **2 tbsp water** and **half the garlic**. Set aside. (**NOTE:** This is for the chicken.) In another small bowl, stir together **chives**, **sour cream**, **1 tbsp vinegar**, **1 tsp sugar**, **remaining mayo** and **remaining garlic**. Season with **salt** and **pepper**. Set aside. (**NOTE:** This is the DIY ranch dip!)



2 PREP

Meanwhile, peel, then cut **carrots** into ½-inch match sticks. Peel, then mince or grate **garlic**. Thinly slice **1 tbsp chives**. Pat **chicken** dry with paper towel, then cut **each tender** in half. In a medium bowl, toss **chicken** with **2 tbsp mayo**. Season with **salt** and **pepper**. Sprinkle over **cornstarch**, then toss to coat.



5 COAT CHICKEN

When **remaining chicken** is done, add **all chicken**, including **any juices** from the plate, to the same pan. Add **honey-garlic mixture** from the small bowl. Cook, stirring often, until **chicken pieces** are coated and **sauce** is sticky, 1-2 min.



3 PAN-FRY CHICKEN

Heat a large non-stick pan over medium heat. When pan is hot, add **1 tbsp oil**, then **half the chicken**. Cook, turning **chicken** over occasionally, until golden-brown and cooked through, 9-10 min. (**TIP:** Cook to a min. internal temp. of 74°C/165°F, as size may vary.***) Transfer to a plate. Set aside. Repeat with another **1 tbsp oil** and **remaining chicken**.



6 FINISH AND SERVE

Divide **potato coins**, **honey-garlic-chicken** and **carrots sticks** between plates. Serve with **ranch sauce** for dipping.

MAKE AGAIN!

This ranch pairs perfectly with other crisp and crunchy crudites - like celery and radishes!

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