



# Breaded Parmesan Chicken Tenders

with Honey Dijonnaise and Roasted Broccoli

Family Friendly 40 Minutes



Chicken Tenders



Italian Breadcrumbs



Parmesan Cheese, grated



Mayonnaise



Garlic Powder



Honey



Dijon Mustard



Russet Potato



Broccoli, florets

HELLO DIJON MUSTARD

*A style of prepared mustard originating from, you guessed it, Dijon, France!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, vegetable peeler, measuring spoons, potato masher, shallow dish, large bowl, small bowl, large pot, large non-stick pan, paper towels, colander

## Ingredients

	2 Person	4 Person
Chicken Tenders ♦	310 g	620 g
Italian Breadcrumbs	2 tbsp	4 tbsp
Parmesan Cheese, grated	¼ cup	½ cup
Mayonnaise	4 tbsp	8 tbsp
Garlic Powder	1 tsp	2 tsp
Honey	1 tbsp	2 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Russet Potato	460 g	920 g
Broccoli, florets	227 g	454 g
Unsalted Butter*	2 tbsp	4 tbsp
Milk*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

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

## 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.*

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### Cook potatoes

Peel, then cut **potatoes** into 1-inch pieces. Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min. Drain and return **potatoes** to the same pot, off heat. Mash **3 tbsp milk** and **2 tbsp butter** (dbl both for 4 ppl) into **potatoes** until creamy. Season with **half the garlic powder, salt and pepper**, to taste.



### Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** Don't overcrowd the pan. Cook in batches for 4 ppl, using 1 tbsp oil per batch). Pan-fry until golden-brown and cooked through, 2-3 min per side. \*\*



### Roast broccoli

Meanwhile, cut **broccoli** into bite-sized pieces. Add **broccoli**, **half the garlic powder** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt and pepper**, then toss to coat. Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 14-16 min.



### Make honey Dijonnaise

Meanwhile, add **Dijon** and **honey** to the small bowl with **reserved mayo**. Season with **salt and pepper**, to taste, then stir to combine.



### Prep chicken

Meanwhile, combine **breadcrumbs** and **Parmesan** in a shallow dish. Add **half the mayo** to a small bowl, then set aside. Pat **chicken** dry with paper towels. Season with **salt and pepper**. Add **chicken** and **remaining mayo** to a large bowl, then toss to coat. Working with **one piece of chicken** at a time, press both sides into **breadcrumbs** to coat completely.



### Finish and serve

Divide **garlic mash**, **chicken tenders** and **broccoli** between plates. Serve **honey Dijonnaise** alongside for dipping.

## Dinner Solved!