



JAN
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Coconut-Crusted Chicken Fingers

with Roasted Green Beans and Roasted Sweet Potatoes

Crispy panko and flaky coconut give ordinary chicken fingers a major boost. For a smoky-sweet twist on oven baked fries, we're sprinkling these sweet potatoes with a touch of paprika.



Chicken Tenders



Sweet Potato



Panko
Breadcrumbs



Green Beans



Honey



Paprika



Coconut Flakes

Ingredients

Chicken Tenders	2 pkg (680 g)
Sweet Potato, fry-cut	1 pkg (680 g)
Panko Breadcrumbs 1)	2 pkg (1 cup)
Green Beans, trimmed	2 pkg (340 g)
Honey	3 pkg (3 tbsps)
Paprika	1 pkg (2 tsp)
Unsweetened Coconut Flakes	1 pkg (½ cup)
Olive or Canola Oil*	

4 People

*Not Included

Allergens

1) Wheat/Blé

Tools

2 Baking Sheets,
Medium Bowl, Large
Non-Stick Pan

Nutrition per person Calories: 552 cal | Fat: 14 g | Protein: 46 g | Carbs: 63 g | Fiber: 10 g | Sodium: 258 mg

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

Ruler

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

2 Prep and roast the sweet potatoes: Wash and dry all produce.

Toss the **sweet potatoes** with **paprika** and a drizzle of **oil** on a baking sheet. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden brown, 20-25 min. (**NOTE:** This healthier version won't get crispy like deep-fried fries!)

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3 Roast the green beans: Meanwhile, toss the **green beans** with a drizzle of **oil** on a second baking sheet. Season with **salt** and **pepper**. Roast in the centre of oven until the beans are golden-brown, 10-12 min.

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4 Prep and coat the chicken fingers: Meanwhile, combine the **panko** and **coconut** on a plate and season with **salt** and **pepper**. Mix the **honey** with a small drizzle of **oil** in a medium bowl. Add the **chicken tenders** into the **honey mixture**. Stir until all the chicken is coated. Working one at a time, press each strip into the **coconut mixture** to coat completely. Place the **coated strips** on a plate.

5 Cook the chicken fingers: Heat a large non-stick pan over medium heat. Drizzle a thin layer of **oil** in the pan. Add the **chicken strips**, cooking in batches if necessary so you don't crowd the pan. Cook until golden-brown and cooked through, 4-5 min per side. Transfer to a paper towel-lined plate.

6 Finish and serve: Serve the **chicken fingers** alongside the **roasted sweet potatoes** and **green beans**. Enjoy!

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