



# COCONUT-CRUSTED CHICKEN FINGERS

with Green Beans and Sweet Potato Fries



## HELLO

### SHREDDED COCONUT

Crispy panko and flaky coconut give ordinary chicken fingers an upgrade

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 671



Chicken Tenders



Sweet Potato, fries



Panko Breadcrumbs



Green Beans, trimmed



Honey



Garlic Salt



Shredded Coconut



Sour Cream



Dijon Mustard



Lemon

## BUST OUT

- 2 Baking Sheets
- Small Bowl
- Large Non-Stick Pan
- Medium/L Bowl
- Measuring Spoons
- Paper Towel
- Parchment Paper
- Salt and Pepper
- Shallow Dish
- Olive or Canola oil

## INGREDIENTS

4-person

- Chicken Tenders 680 g
- Sweet Potato, fries 680 g
- Panko Breadcrumbs 1 1¼ cup
- Green Beans, trimmed 340 g
- Honey 4 tbsp
- Garlic Salt 1 tsp
- Shredded Coconut 9 ½ cup
- Sour Cream 2 9 tbsp
- Dijon Mustard 6,9 1 tbsp
- Lemon 1

## 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 **425°F** (to roast the sweet potatoes and chicken strips). Start prepping when the oven comes up to temperature!



### 1 ROAST SWEET POTATOES

**Wash and dry all produce.\*** On a baking sheet, toss the **sweet potatoes** and **½ tsp garlic salt** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of oven, stirring halfway through cooking, until golden-brown and tender, 20-22 min.



### 4 BAKE CHICKEN

Place the **coated strips** on a parchment-lined baking sheet. Bake the chicken strips in the centre of the oven, until they are golden-brown and cooked through, 10-12 min. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F, as size may vary.\*\*)



### 2 MAKE COATING

Meanwhile, heat a large non-stick pan over medium-high heat. Add the **coconut** to the dry pan. Toast, stirring often, until golden-brown, 1-2 min. Transfer the coconut to a shallow dish. In the same pan, add a drizzle of **oil**, then the **panko**. Toast, stirring often, until golden-brown, 1-2 min. Transfer to the same shallow dish.



### 5 COOK GREEN BEANS

Meanwhile, heat the same large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **green beans**. Cook, stirring occasionally, until tender-crisp, 7-8 min. Season with **salt** and **pepper**. Meanwhile, juice **half the lemon**. In a small bowl combine the **sour cream**, **lemon juice** and **remaining honey**. Season with salt and pepper.



### 3 PREP CHICKEN

In a medium bowl, stir together the **mustard**, **3 tbsp honey** and **remaining garlic salt**. Pat the **chicken tenders** dry with paper towels. Add the chicken to the medium bowl with the honey mixture and toss to coat. Working with **one** chicken tender at a time, press each strip into the **coconut mixture** to coat completely.



### 6 FINISH AND SERVE

Divide the **sweet potatoes**, **green beans** and **chicken strips** between plates. Serve with the **sour cream-lemon dipping sauce**.

## DIP IT!

A simple and creamy dipping sauce is the perfect match for the chicken fingers!