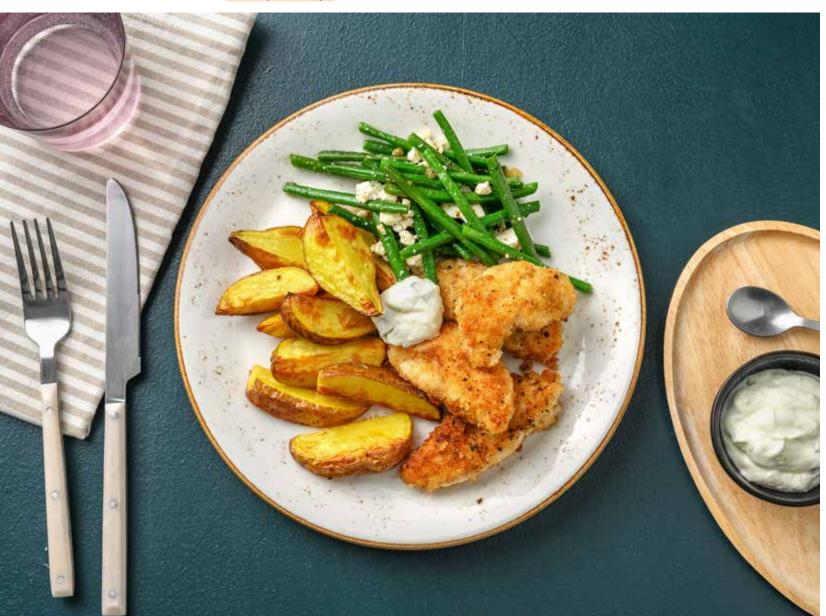


Greek-Inspired Breaded Chicken Tenders

with Garlic-Feta Green Beans

Family Friendly 30 Minutes







Chicken Tenders











Garlic, cloves

Russet Potato



Mayonnaise



Lemon-Pepper Seasoning



Feta Cheese, crumbled

HELLO LEMON-PEPPER SEASONING

Start here

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

Bust out

2 Baking sheets, measuring spoons, shallow dish, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

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	2 Person	4 Person
Chicken Tenders •	310 g	620 g
Italian Breadcrumbs	½ cup	1 cup
Tzatziki	56 ml	113 ml
Green Beans	170 g	340 g
Russet Potato	460 g	920 g
Garlic, cloves	1	2
Mayonnaise	2 tbsp	4 tbsp
Lemon-Pepper Seasoning	½ tbsp	1 tbsp
Feta Cheese, crumbled	1/4 cup	1/4 cup
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.

Contact

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Cook wedges

- 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 goldenbrown, 22-25 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway.)



Prep remaining ingredients

- Meanwhile, trim green beans.
- Peel, then mince or grate garlic.



Prep chicken

- Meanwhile, pat **chicken** dry with paper towels, then season with **salt** and **pepper**.
- Combine breadcrumbs and half the Lemon-Pepper Seasoning (use all for 4 ppl) 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.



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 goldenbrown, 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.**
- Carefully wipe the pan clean.



Cook garlic-feta green beans

- Reheat the same pan (from step 3) over medium.
- When hot, add green beans and
 1/4 cup water (dbl for 4 ppl). Cook, stirring occasionally, until water evaporates, 4-5 min.
- Add **1 tbsp oil** (dbl for 4 ppl) and **garlic**. Cook, stirring often, until **garlic** is fragrant and **green beans** are tender-crisp, 1 min.
- Season with **pepper**, to taste.
- Sprinkle **feta** over top.



Finish and serve

- Divide chicken tenders, potato wedges and garlic-feta green beans between plates.
- Dollop tzatziki over chicken.

Dinner Solved!