



Greek-Inspired Breaded Chicken Tenders

with Garlic-Feta Green Beans

Family Friendly 30 Minutes



Chicken Tenders



Italian Breadcrumbs



Tzatziki



Green Beans



Russet Potato



Garlic, cloves



Mayonnaise



Lemon-Pepper Seasoning



Feta Cheese, crumbled

HELLO LEMON-PEPPER SEASONING

A peppery spice blend with zippy lemon and zesty garlic!

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

	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	¼ cup	¼ 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 golden-brown, 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 garlic-feta green beans

- Reheat the same pan (from step 3) over medium.
- When hot, add **green beans** and **¼ 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.



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 golden-brown, 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.



Finish and serve

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

Dinner Solved!