



Honey-Garlic Chicken Tenders

with Potatoes and Green Beans

PRONTO 30 Minutes



Chicken Tenders



Yellow Potato



Garlic



Green Beans



Thyme



Honey



Garlic Salt



Dijon Mustard

HELLO THYME

Dried or fresh this small herb packs a big floral herbaceous punch!

START HERE

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

Bust Out

Large Non-Stick Pan, Baking Sheet, Small Bowl, Measuring Spoons, Paper Towels

Ingredients

	2 Person	4 Person
Chicken Tenders	340 g	680 g
Yellow Potato	300 g	600 g
Garlic	6 g	12 g
Green Beans	170 g	340 g
Thyme	7 g	7 g
Honey	2 tbsp	4 tbsp
Garlic Salt	1 ½ tsp	3 tsp
Dijon Mustard	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



1. PREP & ROAST POTATOES

Quarter **potatoes**. Toss **potatoes** with **thyme sprigs** and **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **half the garlic salt** and **pepper**. Roast in **middle** of oven, until golden-brown, 23-25 min. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet. Roast in top and middle of oven, rotating sheets halfway through cooking)



4. PAN-FRY CHICKEN

Heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then **chicken**. Cook, turning pieces over occasionally, until cooked through, 5-6 min.** (**TIP:** Don't overcrowd the pan, cook the chicken in two batches if needed!)



2. PREP

While **potatoes** roast, trim **green beans**. Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels. Season with **remaining garlic salt** and **pepper**. Stir **honey** with **dijon** in a small bowl. Set aside.



5. GLAZE CHICKEN

Add **garlic** to pan with **chicken**. Cook, stirring often, until fragrant, 30 sec. Remove pan from heat, then add **honey mixture** and toss to coat.



3. COOK GREEN BEANS

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**. Remove pan from the heat, then transfer **green beans** to a plate. Cover to keep warm.



6. FINISH & SERVE

Discard **thyme sprigs**. Divide **potatoes**, **chicken** and **green beans** between plates. Drizzle any **glaze** from pan over **chicken**.

Dinner Solved!