



Honey-Garlic Chicken Tenders

with Potatoes and Salad

30 Minutes



Chicken Tenders



Yellow Potato



Garlic, cloves



Honey-Garlic Sauce



Garlic Salt



Baby Spinach



White Wine Vinegar



Salad Topping Mix



Mini Cucumber

HELLO HONEY-GARLIC SAUCE

Golden sweet honey combines with garlic and a hint of soy for a sticky coating!

Start here

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

Bust out

Baking sheet, measuring spoons, large bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders *	310 g	620 g
Yellow Potato	360 g	720 g
Garlic, cloves	2	4
Honey-Garlic Sauce	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 tsp
Baby Spinach	28 g	56 g
White Wine Vinegar	½ tbsp	1 tbsp
Salad Topping Mix	28 g	28 g
Mini Cucumber	66 g	132 g
Sugar*	¼ tsp	¼ tsp
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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Prep and roast potatoes

- Quarter **potatoes**.
- Add **potatoes**, **half the garlic salt** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **pepper**, then toss to coat.
- Roast in **middle** of the oven until tender and golden-brown, 23-25 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)



Glaze chicken

- Remove the pan from heat.
- Add **honey-garlic sauce**, **garlic** and **2 tbsp water** (dbl for 4 ppl), then toss to coat **chicken**.
- Season with **salt** and **pepper**, to taste.



Prep

- Meanwhile, thinly slice **cucumber** into rounds.
- Peel, then mince or grate **garlic**.



Make salad

- Meanwhile, add **½ tbsp vinegar**, **¼ tsp sugar** and **½ tbsp oil** (dbl all for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine.
- Add **cucumbers**, **spinach** and **salad topping mix**, then toss to combine.



Pan-fry chicken

- Pat **chicken** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches, using 1 tbsp oil per batch, if needed.)
- Cook, turning **pieces** over occasionally, until cooked through, 5-6 min. (** (**TIP:** Reduce heat to medium if chicken is browning too quickly!))



Finish and serve

- Divide **potatoes**, **chicken** and **salad** between plates.
- Drizzle **any remaining glaze** from the pan over **chicken**.

Dinner Solved!