



Pan-Seared Chicken Tenders & Horseradish Cream

with Green Beans and Creamy Mash

30 Minutes



Chicken Tenders



Chicken Broth Concentrate



Horseradish



Green Beans



Russet Potato



Sour Cream



Chives

HELLO HORSERADISH

Freshly grated. then packed with vinegar and salt for a big punch of flavour!

Start here

Before starting, wash and dry all produce.

Bust Out

Vegetable peeler, measuring spoons, potato masher, strainer, aluminum foil, measuring cups, whisk, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders	340 g	680 g
Chicken Broth Concentrate	1	2
Horseradish	2 tbsp	4 tbsp
Green Beans	170 g	340 g
Russet Potato	460 g	920 g
Sour Cream	6 g	12 g
Chives	7 g	7 g
Milk*	2 tbsp	4 tbsp
Unsalted Butter*	3 tbsp	6 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.

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Cook potatoes

Peel, then cut **potatoes** into ½-inch pieces. Combine **potatoes, 2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min. Drain and return **potatoes** to the same pot.



Cook chicken tenders

Add ½ **tbsp oil** (dbl for 4 ppl), then the **chicken tenders** to the same pan over medium-high heat. Sear, until **tenders** are golden-brown and cooked through, 3-4 min per side. ** Transfer **cooked tenders** to plate. Cover with foil to keep warm.



Prep

While the **potatoes** cook, trim the **green beans**. Thinly slice the **chives**. Pat the **chicken tenders** dry with paper towels, then season with **salt** and **pepper**. Set aside.



Make horseradish cream

Reduce the heat of the same pan to medium-low. Add 1 **tbsp butter** (dbl for 4 ppl) and stir to melt, 1 min. Add **broth concentrate, horseradish** and ½ **cup water** (dbl for 4 ppl). Whisk together, scraping up any browned bits on bottom of pan, 1-2 min. Remove pan from heat. Whisk in **sour cream** and **half the chives**.



Cook green beans

Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then the **green beans**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**. Transfer **green beans** to a plate and cover to keep warm.



Finish and serve

Add 2 **tbsp butter** and 2 **tbsp milk** to the **potatoes** (dbl both for 4 ppl). Using a masher, mash together until creamy. Season with **salt** and **pepper**. Stir in the **remaining chives**. Divide the **potatoes, green beans** and **chicken tenders** between plates. Top the **chicken** with the **horseradish cream**.

Dinner Solved!