



Pan-Seared Chicken Tenders and Horseradish Cream

with Green Beans and Creamy Mash

30 Minutes



Chicken Tenders



Chicken Broth Concentrate



Horseradish



Green Beans



Russet Potato



Cream



Garlic Salt

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, 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	1 tbsp	2 tbsp
Green Beans	170 g	340 g
Russet Potato	460 g	920 g
Cream	56 ml	113 ml
Garlic Salt	½ tsp	1 tsp
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.

♦ 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.

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Cook potatoes

Peel, then cut **potatoes** into ½-inch pieces. Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (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, off heat.



Cook chicken tenders

Heat the same pan over medium-high. Add **½ tbsp oil** (dbl for 4 ppl), then **chicken tenders**. Cook, turning occasionally, until golden-brown and cooked through, 5-6 min.** Transfer **chicken tenders** to plate and cover with foil to keep warm.



Prep

While **potatoes** cook, trim **green beans**. Pat **chicken tenders** dry with paper towels, then season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**.



Make horseradish cream

Reduce 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**, **cream** and **¼ cup water** (dbl for 4 ppl). Cook, whisking often, until **sauce** reduces slightly, 1-2 min. Remove the pan from heat.



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 **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**. Transfer **green beans** to a plate and cover to keep warm.



Finish and serve

Mash **2 tbsp butter** and **2 tbsp milk** (dbl both for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**. Divide **mash**, **green beans** and **chicken tenders** between plates. Spoon **horseradish cream** over **chicken tenders**.

Dinner Solved!