



Sweet Chili Chicken Tenders with Sweet Potato Wedges

Family Friendly

Spicy

30 Minutes



Chicken Tenders



Sweet Chili Sauce



Panko Breadcrumbs



Sweet Potato



Green Beans



Garlic Salt



Plum Sauce



Mayonnaise

HELLO PANKO

A dusting of panko gives these tenders their crispy texture!

Start here

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

Bust out

2 Baking sheets, medium bowl, measuring spoons, large bowl, parchment paper, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders ♦	340 g	680 g
Sweet Chili Sauce 🍷	4 tbsp	8 tbsp
Panko Breadcrumbs	1 cup	2 cup
Sweet Potato	340 g	680 g
Green Beans	170 g	340 g
Garlic Salt	1 tsp	2 tsp
Plum Sauce	60 ml	120 ml
Mayonnaise	2 tbsp	4 tbsp
Unsalted Butter*	2 tbsp	4 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.

Contact

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



Roast sweet potatoes

Cut **sweet potatoes** into ½-inch wedges. Add **sweet 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, 24-26 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Cook green beans

While **chicken** cooks, trim, then halve **green beans**. Heat a large non-stick pan over medium-high heat. When hot, add **green beans** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp, 6-8 min. Add **2 tbsp butter** (dbl for 4 ppl). Cook, stirring often, until **butter** melts, 1 min. Season with **salt** and **pepper**.



Prep chicken

While **sweet potatoes** roast, pat **chicken** dry with paper towels, then cut **each tender** in half crosswise. Add **chicken**, **garlic salt** and **mayo** to a medium bowl. Toss to combine. Season with **pepper**. Sprinkle **panko** over top, then toss gently to coat.



Finish chicken

Stir together **plum sauce** and **sweet chili sauce** in a large bowl. Season with **salt** and **pepper**, then add **cooked chicken**. Toss gently to coat.



Cook chicken

Arrange **chicken** in a single layer on another parchment-lined baking sheet. Drizzle over **1 tbsp oil** (dbl for 4 ppl). Bake in the **top** of the oven, flipping **tenders** halfway through, until **chicken** is cooked through and crisp, 16-18min.**



Finish and serve

Divide **chicken**, **wedges** and **buttery green beans** between plates.

Dinner Solved!