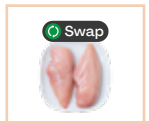




Tuxedo Chicken and VH Sweet-Sour Mayo Dip

with Potato Coins and Carrots

Family Friendly 25-35 Minutes




Chicken Breasts *
2 | 4

Customized Protein + Add Swap or *2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://hellofresh.ca)



-  Chicken Breast Tenders *
310 g | 620 g
-  VH Sweet and Sour Sauce
1 | 1
-  Egg
1 | 2
-  Panko Breadcrumbs
2/3 cup | 1 1/2 cups
-  Black Sesame Seeds
7 g | 14 g
-  Sesame Seeds
9 g | 18 g
-  Mayonnaise
2 tbsp | 4 tbsp
-  Sriracha
2 tsp | 4 tsp
-  Yellow Potato
300 g | 600 g
-  Carrot
2 | 4
-  Garlic Salt
1 tsp | 2 tsp

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.

Pantry items | All-purpose flour, oil, pepper

Cooking utensils | 2 baking sheets, large bowl, large non-stick pan, measuring spoons, medium bowl, paper towels, parchment paper, shallow dish, small bowl, vegetable peeler, whisk

1



Roast potato coins

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

- Cut **potatoes** into ¼-inch rounds.
- Add **potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with ½ **tsp** (1 tsp) **garlic salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

4



Prep carrots

- Meanwhile, peel, then cut **carrot** into ½-inch matchsticks.

2



Coat chicken

🔄 Swap | **Chicken Breast**

- Line another baking sheet with parchment paper.
- Combine **panko** and **sesame seeds** in a shallow dish.
- Whisk together **egg** and **2 tbsp** (4 tbsp) **VH Sweet and Sour Sauce** in a medium bowl.
- Pat **chicken breast tenders** dry with paper towels. Season with **remaining garlic salt** and **pepper**.
- Add **chicken** and **3 tbsp** (6 tbsp) **flour** to a large bowl. Toss to coat.
- Working with **one chicken tender** at a time, press both sides into the **egg mixture**, then into **sesame-panko** to coat completely.
- Transfer **chicken** to the prepared baking sheet.

5



Make VH mayo dip

- Add **mayo**, **sriracha** and **2 tbsp** (4 tbsp) **VH Sweet and Sour Sauce** to a small bowl. Season with **pepper**, then stir to combine.

3



Pan-fry chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **2 tbsp oil**, then **chicken tenders**. (**NOTE:** For 4 ppl, pan-fry chicken in batches, using 2 tbsp oil per batch. Carefully wipe the pan clean between batches.)
- Pan-fry, flipping halfway through, until **chicken tenders** are golden-brown and cooked through, 3-4 min per side.**

6



Finish and serve

- Divide **chicken**, **potato coins** and **carrot** sticks between plates.
- Drizzle **some VH Sweet and Sour Sauce** over **chicken tenders**.
- Serve **VH sweet-sour mayo dip** alongside.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Coat chicken

🔄 Swap | **Chicken Breast**

If you've opted to get **chicken breasts**, cut into 1-inch wide strips, then prep and cook them in the same way the recipe instructs you to prep and cook the **chicken breast tenders**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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