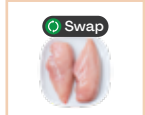




Greek-Inspired Breaded Chicken Tenders

with Garlic-Feta Salad

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](https://www.hellofresh.ca)



Chicken Breast Tenders ⁺
310 g | 620 g



Italian Breadcrumbs
8 tbsp | 16 tbsp



Yogurt Sauce
3 tbsp | 6 tbsp



Russet Potato
2 | 4



Garlic, cloves
1 | 1



Mayonnaise
2 tbsp | 4 tbsp



Lemon-Pepper Seasoning
1 tbsp | 2 tbsp



Feta Cheese, crumbled
¼ cup | ½ cup



Spring Mix
56 g | 113 g



White Wine Vinegar
1 tbsp | 2 tbsp



Dill-Garlic Spice Blend
1 tsp | 2 tsp



Radish
2 | 4

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 | Oil, pepper, salt

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

1



Roast wedges

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

- Cut **potatoes** into ¼-inch wedges.
- Add **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 **Dill-Garlic Spice Blend**, **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-25 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway.)

4



Prep remaining ingredients

- Cut **radish** into ¼-inch rounds.
- Peel, then mince or grate **garlic**.

2



Prep chicken

🔄 Swap | **Chicken Breasts**

- Meanwhile, pat **chicken** dry with paper towels, then season with **salt** and **pepper**.
- Combine **breadcrumbs** and **half the Lemon-Pepper Seasoning** in a shallow dish.
- Coat **chicken** all over with **mayo**.
- Working with one **chicken tender** at a time, press both sides into **breadcrumb mixture** to coat completely.

3



Cook chicken

- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil**, then **chicken**. (**NOTE:** For 4 ppl, cook in batches, using 1 tbsp oil per batch.) Pan-fry until golden-brown, 3-4 min per side.
- Transfer **chicken** to another parchment-lined baking sheet.
- Bake in the **top** of the oven until cooked through, 8-10 min.**

5



Make feta salad

- Whisk together **vinegar**, **remaining Lemon-Pepper Seasoning**, **¼ tsp** (¼ tsp) **garlic**, **¼ tsp** (½ tsp) **sugar** and **1 tbsp** (2 tbsp) **oil** in a medium bowl.
- Add **spring mix**, **radish** and **feta**, then toss to combine.

6



Finish and serve

- Divide **chicken tenders**, **potato wedges** and **garlic-feta salad** between plates.
- Dollop **yogurt sauce** over **chicken**.

Measurements within steps

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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, cut them 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.