



Apricot Chicken Tenders

with Roasted Potatoes

Family Friendly

25 Minutes



Chicken Tenders



Apricot Spread



Red Potato



Dried Apricots



Mini Cucumber



Shallot



Garlic Salt



Dijon Mustard



Red Wine Vinegar



Baby Spinach



Garlic Puree

HELLO APRICOT SPREAD

Tart, sweet and perfect for sauces and dressings!

Start here

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

Bust out

Baking sheet, aluminum foil, large bowl, parchment paper, measuring cups, whisk, large non-stick pan, paper towels, measuring spoons

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Apricot Spread	2 tbsp	4 tbsp
Red Potato	360 g	720 g
Dried Apricots	56 g	112 g
Mini Cucumber	66 g	132 g
Shallot	50 g	100 g
Garlic Salt	1 tsp	2 tsp
Dijon Mustard	1 tbsp	2 tbsp
Red Wine Vinegar	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
Unsalted Butter*	3 tbsp	6 tbsp
Sugar*	¼ tsp	½ tsp
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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Roast potatoes

Cut **potatoes** into 1-inch pieces. Add **potatoes, garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **pepper**, then toss to coat. Roast in the **middle** of the oven, tossing halfway through, until golden-brown, 22-24 min.



Cook chicken

Pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry, turning occasionally, until cooked through, 7-8 min.** Transfer **chicken** to a plate and cover with foil to keep warm.



Prep

While **potatoes** roast, halve **cucumber** lengthwise, then cut into ¼-inch half-moons. Peel, then thinly slice **shallot**. Finely chop **apricots**.



Make apricot glaze

Heat the same pan over medium-low. When hot, add **garlic puree** and **remaining shallots**. Cook, stirring often, until fragrant, 1-2 min. Add **½ cup water** (dbl for 4 ppl), then **apricot spread, apricots** and **remaining Dijon**. Cook, stirring often, until **glaze** reduces slightly, 4-5 min. Remove the pan from heat and add **3 tbsp butter** (dbl for 4 ppl). Stir until **butter** melts, 1 min. Season with **salt** and **pepper**.



Make dressing

Whisk together **vinegar, half the Dijon, ½ tsp sugar** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add **cucumbers** and **half the shallots**. Season with **salt** and **pepper**, then toss to combine. Set aside.



Finish and serve

Add **spinach** to the large bowl with **dressing**. Toss to combine. Divide **chicken, potatoes** and **salad** between plates. Spoon **apricot glaze** over **chicken**.

Dinner Solved!