



Baked Chicken with Corn Flake and Panko Crust and Honey-Mustard Mayo

Discovery

35 Minutes



Chicken Tenders



Corn Flakes



Panko Breadcrumbs



Mayonnaise



Honey



Dijon Mustard



Sweet Potato



Green Beans



Sour Cream

HELLO CORN FLAKES

Who knew a breakfast cereal could add such serious crunch to chicken!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, colander, shallow dish, large bowl, parchment paper, small bowl, large pot, large non-stick pan, paper towels, rolling pin, zip-top bag, vegetable peeler

Ingredients

	2 Person	4 Person
Chicken Tenders *	340 g	680 g
Corn Flakes	1 cup	2 cup
Panko Breadcrumbs	¼ cup	½ cup
Mayonnaise	4 tbsp	8 tbsp
Honey	1 tbsp	2 tbsp
Dijon Mustard	2 tbsp	4 tbsp
Sweet Potato	340 g	680 g
Green Beans	170 g	340 g
Sour Cream	3 tbsp	6 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 our meal kit labels for the most current allergen 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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Start chicken

Add **corn flakes** to a large zip-top bag. Seal shut. Using a rolling pin, crush **corn flakes** into a breadcrumb-like texture. Add **crushed corn flakes** and **panko** to a shallow dish. Season with **salt** and **pepper**. Pat **chicken** dry with paper towels. Add **chicken tenders** and **half the mayo** to a large bowl, then toss to coat.



Cook green beans

While **sweet potatoes** cook, trim **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, 4-5 min. Add **1 tbsp oil** (dbl for 4 ppl). Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.



Finish chicken

Working with **one tender** at a time, press both sides into **corn flake mixture** to coat completely. Arrange **chicken** in a single layer on a parchment-lined baking sheet, then drizzle **½ tbsp oil** (dbl for 4 ppl) over top. Bake in the **middle** of the oven, flipping halfway through, until cooked through, 20-25 min.**



Finish sweet potatoes

When **sweet potatoes** are cooked, drain and return them to the same pot, off heat. Mash **sour cream** and **2 tbsp butter** (dbl for 4 ppl) into **sweet potatoes** until smooth. Season with **pepper**.



Cook sweet potatoes

While the **chicken** bakes, peel, then cut **sweet potatoes** into ½-inch pieces. Combine **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and **enough water** to cover (approx 1-2 inches) in 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, stirring occasionally, until fork-tender, 10-12 min.



Finish and serve

Stir together **honey**, **Dijon** and **remaining mayo** in a small bowl. Divide **chicken**, **sweet potato mash** and **green beans** between plates. Serve **honey-mustard mayo** on the side, for dipping.

Dinner Solved!