

Greek-Inspired Breaded Chicken Tenders

with Potato Wedges and Garlic-Feta Green Beans

Family Friendly

30 Minutes













Tzatziki







Green Beans

Russet Potato



Mayonnaise



Lemon-Pepper Seasoning



Feta Cheese, crumbled

HELLO LEMON PEPPER

Start here

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

Bust out

2 Baking sheets, measuring spoons, shallow dish, parchment paper, measuring cups, large non-stick pan,

Inaredients

	2 Person	4 Person
Chicken Tenders •	340 g	680 g
Italian Breadcrumbs	½ cup	1 cup
Tzatziki	56 ml	113 ml
Green Beans	170 g	340 g
Russet Potato	460 g	920 g
Garlic, cloves	1	2
Mayonnaise	2 tbsp	4 tbsp
Lemon-Pepper Seasoning	½ tbsp	1 tbsp
Feta Cheese, crumbled	1/4 cup	1/4 cup
Oil*		
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F,
- 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.



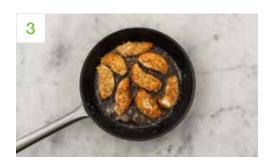
Cook wedges

Cut potatoes into 1/4-inch wedges. Add potatoes and 1 tbsp oil to a parchmentlined 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, 22-25 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway.)



Prep chicken

While wedges roast, pat chicken dry with paper towels, then season with salt and pepper. Combine breadcrumbs and half the **Lemon-Pepper Seasoning** (use all for 4 ppl) in a shallow dish. Coat **chicken tenders** all over with mayo. Working with one chicken tender at a time, press both sides into **breadcrumb mixture** to coat completely.



Cook chicken tenders

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



Finish prep

While chicken bakes, trim green beans. Peel, then mince or grate garlic.



Cook garlic-feta green beans

Reheat the same pan (from step 3) over medium. When hot, add green beans and 1/4 cup water (dbl for 4 ppl). Cook, stirring occasionally, until water evaporates, 4-5 min. Add 1 tbsp oil (dbl for 4 ppl) and garlic. Cook, stirring often, until garlic is fragrant and green beans are tender-crisp, 1 min. Season with **pepper** and sprinkle **feta** over top.



Finish and serve

Divide chicken, potato wedges and garlicfeta green beans between plates. Dollop tzatziki over chicken.

Dinner Solved!

Contact

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