



Honey Garlic Chicken Tenders

with Potatoes and Green Beans

30 Minutes



Chicken Tenders



Yellow Potato



Garlic, cloves



Green Beans



Honey Garlic Sauce



Garlic Salt

HELLO HONEY GARLIC SAUCE

Naturally sweet honey and savoury, zesty garlic make the perfect saucy pair!

Start here

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

Bust out

Baking sheet, measuring spoons, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders ♦	340 g	680 g
Yellow Potato	360 g	720 g
Garlic, cloves	2	4
Green Beans	170 g	340 g
Honey Garlic Sauce	4 tbsp	8 tbsp
Garlic Salt	1 tsp	2 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.

Contact

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Prep and roast potatoes

Quarter **potatoes**. Add **potatoes**, **half the garlic salt** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **pepper**, then toss to coat. Roast in **middle** of the oven until golden-brown, 23-25 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)



Cook chicken

Pat **chicken** dry with paper towels. Season with **remaining garlic salt** and **pepper**. Heat the same pan over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then chicken. (**NOTE:** Don't overcrowd the pan; cook chicken in 2 batches, using 1 tbsp oil per batch, if needed!) Cook, turning **pieces** over occasionally, until cooked through, 5-6 min. **



Prep

While **potatoes** roast, trim **green beans**. Peel, then mince or grate **garlic**.



Glaze chicken

Remove the pan from heat. Add **honey garlic sauce**, then toss to coat **chicken**.



Cook 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). Season with **salt** and **pepper**. Cook, stirring occasionally, until **green beans** are tender-crisp and **water** evaporates, 4-5 min. Add **½ tbsp oil** (dbl for 4 ppl), then **garlic**. Cook, stirring often, until fragrant, 30 sec. Remove the pan from heat. Transfer **green beans** to a plate and cover to keep warm.



Finish and serve

Divide **potatoes**, **chicken** and **green beans** between plates. Drizzle **any remaining glaze** in the pan over **chicken**.

Dinner Solved!