



# Speedy Chicken Tender Agrodolce

with Buttery Mash and Roasted Veggies

25 Minutes

Swap



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



Russet Potato  
2 | 4



Balsamic Vinegar  
1 tbsp | 2 tbsp



Honey  
1 | 2



Shallot  
1 | 2



Zesty Garlic Blend  
1 tbsp | 2 tbsp



Zucchini  
1 | 2



Mushrooms  
227 g | 454 g



Chicken Stock Reduction  
1 | 2

**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** | Milk, butter, salt, pepper, oil

**Cooking utensils** | Baking sheet, measuring spoons, potato masher, large pot, large non-stick pan, paper towels

1



## Prep and boil potatoes

- Before starting, preheat the oven to 450°F.
- Add 10 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

- Meanwhile, peel, then cut **potatoes** into 1-inch pieces.
- Add **potatoes** to the **boiling water**. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-high. Simmer uncovered until fork-tender, 10-12 min.

2



## Prep

Swap | Chicken Breasts

- Quarter **mushrooms**.
- Cut **zucchini** into ½-inch half-moons.
- Peel, then cut **shallot** into ¼-inch slices.
- Pat **chicken** dry with paper towels. Sprinkle over **half the Zesty Garlic Spice Blend**, then season with **salt** and **pepper**.

3



## Roast veggies

- Add **zucchini**, **mushrooms**, **1 tbsp** (2 tbsp) **oil** and **remaining Zesty Garlic Spice Blend** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast in the **middle** of the oven, flipping halfway through, until tender-crisp, 12-14 min.

4



## Cook chicken

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- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken tenders**. (**NOTE**: Cook chicken in 2 batches for 4 ppl, using ½ **tbsp** oil per batch.) Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.\*\*
- Transfer **chicken** to a plate.

5



## Make sauce

- Reduce heat to medium. Add ½ **tbsp** (1 **tbsp**) **oil**, then **shallots**.
- Cook, stirring occasionally, until softened, 2-3 min.
- Return **chicken** to the pan, along with **any juices**, then add **balsamic vinegar**, **honey**, **chicken stock reduction** and ¼ **cup** (½ **cup**) **water** to the pan.
- Cook, stirring often, until **sauce** thickens slightly, 3-4 min.
- Season with **salt** and **pepper**.
- Remove the pan from heat.
- Stir in **1 tbsp** (2 **tbsp**) **butter**.

6



## Finish and serve

- Drain and return **potatoes** to the same pot, off heat. Mash **2 tbsp** (4 **tbsp**) **butter** and **2 tbsp** (4 **tbsp**) **milk** into **potatoes** until creamy. Season with **salt** and **pepper**, to taste.
- Divide **mash** and **veggies** between plates.
- Top **mash** with **chicken** and drizzle over **any sauce** from the pan.

Measurements  
within steps

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

## 2 | Prep chicken breasts

Swap | Chicken Breasts

If you've opted to get **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**.

## 4 | Cook chicken breasts

Swap | Chicken Breasts

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **chicken**. Pan-fry on one side until golden, increasing cook time to 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.\*\*

\* 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.



Issue with your meal? Scan the QR code to share your feedback.