



# PARMESAN CHICKEN DIPPERS

with Rosemary Fries, Green Beans, and Honey Mustard Sauce



## HELLO

### DIY HONEY MUSTARD

Kids and adults will both go crazy for this easy-to-make, easy-to-love sauce.

PREP: 10 MIN | TOTAL: 45 MIN | CALORIES: 640



Yukon Gold Potatoes



Parmesan Cheese  
(Contains: Milk)



Chicken Breasts



Green Beans



Dijon Mustard



Panko Breadcrumbs  
(Contains: Wheat)



Dried Rosemary



Eggs  
(Contains: Eggs)



Honey



## START STRONG

I dip, you dip, we dip! Let kids try coating the chicken in step 4. If there's more than one helper, one can be in charge of the eggs and another in charge of the panko—more hands will make it less messy.

## BUST OUT

- 3 Baking sheets
- Large bowl
- Medium bowl
- Small bowl
- Olive oil (5 tsp)

## INGREDIENTS

Ingredient 4-person

- Yukon Gold Potatoes 24 oz
- Panko Breadcrumbs 1 Cup
- Parmesan Cheese ½ Cup
- Dried Rosemary 1 tsp
- Chicken Breasts 24 oz
- Eggs 2
- Green Beans 12 oz
- Honey 3 oz
- Dijon Mustard ¼ Cup

## HELLO WINE



PAIR WITH

Barquette Monterey County  
Chardonnay, 2015

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HelloFRESH



## 1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 450 degrees, distributing racks evenly. Cut **potatoes** into ½-inch-thick wedges (like steak fries).



## 2 MAKE CRUST

Spread **panko** on a baking sheet. Toast in oven until golden brown, 2-3 minutes. Transfer to a large bowl or shallow dish, then stir in **Parmesan** and a drizzle of **olive oil**. Season with **salt** and **pepper**.



## 3 BAKE POTATOES

Toss together **potatoes**, a large drizzle of **olive oil**, **rosemary**, and a large pinch of **salt** and **pepper** on baking sheet used for panko. Bake in oven until nicely browned and crisp, 25-30 minutes, flipping halfway through.



## 4 COAT CHICKEN

Cut **chicken** into 1-inch-wide strips. Season all over with **salt** and **pepper**. Crack **eggs** into a medium bowl and lightly beat. Working one piece at a time, dip chicken into eggs, letting excess drip off, then coat in **crust mixture**, pressing to adhere. Place on a lightly oiled baking sheet.



## 5 BAKE GREEN BEANS AND CHICKEN

Toss **green beans** on a third baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Bake green beans and **chicken** in oven until chicken is no longer pink in center and green beans are tender and slightly crisp at the edges, 12-15 minutes. **TIP:** Alternatively, you can cook the green beans with a drizzle of olive oil in a large pan over medium heat until tender, 4-5 minutes, then season with salt and pepper.



## 6 MIX SAUCE AND SERVE

Stir together **honey** and ¼ cup **mustard** (we sent more) in a small bowl. Divide **chicken**, **potatoes**, and **green beans** between plates. Serve with honey mustard sauce on the side for dipping.

## FRESH TALK

Potatoes were the first food grown in space. What would you eat if you were an astronaut?

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