



OCT
2016

Baked Parmesan Chicken Strips

with Rosemary Fries, Green Beans, and Honey Mustard Dressing

A balanced meal that's adult AND kid approved? Yes, please! Our chefs opted to toast the panko to ensure it's as crunchy as possible before combining it with Parmesan. Then, they bread the chicken strips and bake them to crispy perfection alongside the green beans.



Prep: 10 min
Total: 35 min



level 1



nut
free



Yukon
Potatoes



Green
Beans



Panko
Breadcrumbs



Parmesan
Cheese



Dried
Rosemary



Chicken
Breasts



Eggs



Dijon
Mustard



Honey

Ingredients

		4 People
Yukon Potatoes		24 oz
Green Beans		12 oz
Panko Breadcrumbs	1)	1 Cup
Parmesan Cheese	2)	½ Cup
Dried Rosemary		1 t
Chicken Breasts		24 oz
Eggs	3)	2
Dijon Mustard		4 T
Honey		2 T
Olive Oil*		2 T

*Not Included

Allergens

1) Wheat

2) Milk

3) Egg

Tools

3 Baking sheets, Large bowl, Medium bowl, Small bowl

Nutrition per person Calories: 591 cal | Fat: 18 g | Sat. Fat: 5 g | Protein: 51 g | Carbs: 53 g | Sugar: 13 g | Sodium: 826 mg | Fiber: 7 g

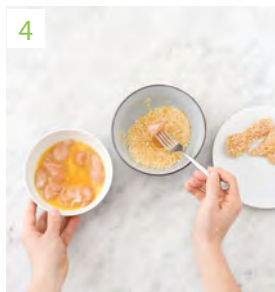
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1 Prep: Wash and dry all produce. Preheat oven (with three evenly spaced racks) to 450 degrees. Slice **potatoes** into ½-inch wedges (like steak fries). Trim long stemmed ends of **green beans**.

2 Make the breading: Spread **panko breadcrumbs** on a baking sheet. Toast 2-3 minutes, until golden brown. (Careful not to burn!) Place toasted panko in a large bowl or dish, and toss with **Parmesan cheese** and a drizzle of **olive oil**. Season with **salt** and **pepper**.

4



3 Bake the fries: Thoroughly coat **potatoes** with a large drizzle of **olive oil**, the **rosemary**, and a large pinch of **salt** and **pepper** on same baking sheet. Bake until deeply golden brown and crispy, 20-25 minutes, flipping once halfway through.

4 Bread the chicken strips: Cut **chicken** lengthwise into 1-inch strips. Season on all sides with **salt** and **pepper**. Crack eggs into medium bowl and lightly beat. Coat chicken with egg, then press into **breading** until it adheres to all sides. Place coated **strips** on a lightly oiled baking sheet.

5



5 Bake the green beans and chicken strips: Toss **green beans** on another baking sheet (or baking dish) with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place **green beans** and **chicken strips** in oven, and bake until strips are cooked through and green beans are crispy, 12-15 minutes. **HINT:** Everything should finish around the same time.

6



6 Make the dressing and serve: Combine **Dijon mustard** and **honey** in a small bowl. Serve the **chicken strips** with **rosemary fries**, **green beans**, and **honey mustard dressing** for dipping. Enjoy!

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