



# CRISPY BARBECUE CHICKEN TENDERS

with Sweet Potatoes and Sugar Snap Peas



## HELLO

### CRISPY BARBECUE CHICKEN

The barbecue sauce coating hidden beneath the breadcrumb crust adds a surprise layer of flavor.

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 580**



Sweet Potatoes



Fry Seasoning



Chicken Tenders



Dijon Mustard



Panko Breadcrumbs  
(Contains: Wheat)



Sugar Snap Peas



Barbecue Sauce



Honey

## START STRONG

The baking sheet will be hot when you remove it from the oven in step 3. Break out a spatula for tossing the potatoes and snap peas to avoid the sizzling surface.

## BUST OUT

- 2 Baking sheets
- 2 Small bowls
- Paper towel
- Large bowl
- Olive oil (7 tsp)

## INGREDIENTS

Ingredient 4-person

- Sweet Potatoes 4
- Fry Seasoning 1 TBSP
- Panko Breadcrumbs 1 Cup
- Sugar Snap Peas 12 oz
- Chicken Tenders 24 oz
- Barbecue Sauce ½ Cup
- Dijon Mustard 4 tsp
- Honey 1 oz

## HELLO WINE



### PAIR WITH

Mulberry Road Cellars Paso Robles Zinfandel, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 1 ROAST SWEET POTATOES

Wash and dry all produce. Preheat oven to 475 degrees. Cut **sweet potatoes** into ½-inch cubes. Toss on a baking sheet with a large drizzle of **olive oil** and a big pinch of **salt** and **pepper**. Push toward one side of sheet. Roast in oven until tender, about 20 minutes total (we'll add more to the sheet after 10 minutes).



## 4 COAT CHICKEN

Pat **chicken** dry with a paper towel. Season all over with **salt** and **pepper**. Place in a large bowl along with **1 TBSP barbecue sauce** (save the rest for dipping sauce) and toss to coat. Transfer to a lightly oiled baking sheet and spread out in a single layer. Sprinkle **panko mixture** over top of chicken, pressing gently to adhere. **TIP:** It's OK if not all the breadcrumbs stick—you'll likely have some left over.



## 2 SEASON PANKO

In a small bowl, mix together **fry seasoning**, **panko**, a large drizzle of **olive oil**, and **salt** and **pepper** (to taste).



KIDS CAN HELP!



## 5 BAKE CHICKEN

Bake **chicken** in oven until no longer pink in center, 7-9 minutes. Once done, heat broiler to high and place chicken under broiler. Broil until **panko** is golden brown, about 2 minutes. **TIP:** If you don't have a broiler, increase oven temperature to 500 degrees and bake until panko is golden brown, 2-3 minutes.



## 3 ROAST SNAP PEAS

After **sweet potatoes** have roasted 10 minutes, remove from oven and give them a toss. Add **snap peas** to the other side of sheet. Toss with a large drizzle with **olive oil** and a pinch of **salt** and **pepper**. Return sheet to oven and roast until veggies are tender and lightly browned, 8-10 minutes more.



## 6 MAKE SAUCE AND SERVE

In another small bowl, combine **mustard**, **honey**, and remaining **barbecue sauce**. Divide **chicken**, **sweet potatoes**, and **snap peas** between plates. Serve with **sauce** on the side for dipping.

## REMARKABLE!

That sweet and tangy DIY barbecue sauce makes this recipe a slam dunk.

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