



HALL OF FAME

PARMESAN CHICKEN TENDERS

with Rosemary Fries, Green Beans, and Honey Mustard Sauce



HELLO HALL OF FAME

Meet one of our all-star recipes: a tried-and-true family favorite chosen by home cooks like you!

PREP: 10 MIN | **TOTAL: 45 MIN** | **CALORIES: 660**



Yukon Gold Potatoes



Parmesan Cheese
(Contains: Milk)



Chicken Tenders



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 Tenders 24 oz
- Eggs 2
- Green Beans 12 oz
- Honey 3 oz
- Dijon Mustard 8 tsp

HELLO WINE



PAIR WITH

Trilus California Chardonnay, 2015

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

HelloFRESH



1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 450 degrees, distributing racks evenly. Slice **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 add **Parmesan** and a drizzle of **olive oil**. Season with **salt** and **pepper**.



3 BAKE POTATOES

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



4 COAT CHICKEN

Season **chicken** 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 **panko mixture**, pressing to adhere. Place on a lightly oiled baking sheet.



5 BAKE GREEN BEANS AND CHICKEN

Toss **green beans** on another 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.



6 MIX SAUCE AND SERVE

Stir together **honey** and **mustard** 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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