



Sweet Chili Chicken Tenders

with Sweet Potato Fries and House Salad

Family 35 Minutes



Chicken Tenders



Sweet Chili Sauce



Panko Breadcrumbs



Sweet Potato



White Wine Vinegar



Spring Mix



Garlic Salt



Mayonnaise



Green Onions



Plum Sauce



Carrot

HELLO PANKO

A dusting of panko is what gives these tenders their crispy texture!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

2 baking sheets, medium bowl, vegetable peeler, measuring spoons, box grater, 2 large bowls, parchment paper, paper towels

Ingredients

	2 Person	4 Person
Chicken Tenders ♦	340 g	680 g
Sweet Chili Sauce	4 tbsp	8 tbsp
Panko Breadcrumbs	1 cup	2 cup
Sweet Potato	340 g	680 g
White Wine Vinegar	1 tbsp	2 tbsp
Spring Mix	113 g	227 g
Garlic Salt	1 tsp	2 tsp
Mayonnaise	4 tbsp	8 tbsp
Green Onions	2	4
Plum Sauce	60 ml	120 ml
Carrot	170 g	340 g
Oil*		
Sugar		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Roast sweet potatoes

Cut **sweet potatoes** into ½-inch fries, then toss **sweet potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until golden-brown, 24-26 min.



Make dressing

While chicken cooks, peel, then grate the **carrot**. Thinly slice the **green onions**. Whisk together **vinegar**, **green onions**, **remaining mayo** and **1 tsp sugar** (dbl for 4 ppl) in a large bowl. Season with **salt** and **pepper**.



Prep chicken

While **sweet potatoes** cook, pat **chicken** dry with paper towels, then cut **each tender** in half crosswise. Add **chicken**, **garlic salt** and **1 tbsp mayo** (dbl for 4 ppl) to a medium bowl. Toss to combine. Season with **pepper**. Sprinkle **panko** over top, then toss to coat.



Finish chicken

Stir together **plum sauce** and **sweet chili sauce** in another large bowl. Season with **salt** and **pepper**. Add the **cooked chicken**. Toss to coat.



Cook chicken

Arrange **chicken** in a single layer on another parchment-lined baking sheet. Drizzle over **1 tbsp oil** (dbl for 4 ppl). Bake in the **top** of the oven, until **chicken** is cooked through and crisp, 16-20 min.**



Finish and serve

Add the **spring mix** and **carrots** to the large bowl with the **green onion dressing**. Season with **salt** and **pepper**, then toss to coat. Divide the **chicken**, **fries** and **salad** between plates.

Dinner Solved!