



Sweet Chili Chicken Tenders

with Sweet Potato Wedges

Family Friendly

Spicy

25-35 Minutes



Chicken Tenders



Sweet Chili Sauce



Panko Breadcrumbs



Sweet Potato



Zucchini



Garlic Salt



Plum Sauce



Mayonnaise

HELLO PANKO

These flaky, Japanese-style breadcrumbs give chicken tenders an irresistibly light and airy crunch!

Start here

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

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Bust out

2 Baking sheets, medium bowl, measuring spoons, large bowl, parchment paper, large non-stick pan, 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 cups
Sweet Potato	340 g	680 g
Zucchini	200 g	400 g
Garlic Salt	1 tsp	2 tsp
Plum Sauce	60 ml	120 ml
Mayonnaise	2 tbsp	4 tbsp
Oil*		
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 the website or app for the as-prepared recipe nutritional information.

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

Contact

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Roast sweet potatoes

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 24-26 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



Cook zucchini

- Meanwhile, cut **zucchini** into ½-inch rounds.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min.



Prep chicken

- Meanwhile, pat **chicken** dry with paper towels, then cut **each tender** in half crosswise.
- Add **chicken**, **garlic salt** and **mayo** to a medium bowl. Toss to combine. Season with **pepper**.
- Sprinkle **panko** over top, then toss gently to coat.



Finish chicken

- Stir together **plum sauce** and **sweet chili sauce** in a large bowl. Season with **salt** and **pepper**, then add **cooked chicken**.
- Toss gently to coat.



Cook chicken

- Arrange **chicken** in a single layer on another parchment-lined baking sheet.
- Drizzle over **1 tbsp** (2 tbsp) **oil**.
- Bake in the **top** of the oven, flipping **tenders** halfway through, until **chicken** is cooked through and crisp, 16-18 min.**



Finish and serve

- Divide **chicken**, **wedges** and **zucchini** between plates.

Dinner Solved!