



More than Food

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Coconut-Crusted Chicken Fingers

with Garlic Green Beans and Spiced Sweet Potato Fries

Crispy panko and flaky coconut give ordinary chicken fingers a major boost. For a smoky-sweet twist on oven fries, we're sprinkling these sweet potatoes with a touch of paprika. A side of garlicky green beans is the perfect 5-minute side dish.



30 min



level 2



dairy free



Chicken Breast



Unsweetened Coconut Flakes



Honey



Paprika



Panko



Garlic Powder



Sweet Potato



Green Beans

Ingredients

	2 People	4 People
Chicken Breast	12 oz	24 oz
Unsweetened Coconut Flakes 1)	¼ C	½ C
Honey	1 T	2 T
Paprika	1 t	2 t
Panko 2) 3)	½ C	1 C
Garlic Powder	1 t	2 t
Sweet Potato	12 oz	24 oz
Green Beans	4 oz	8 oz
Oil*	2 T	4 T

*Not Included

Allergens

- 1) Nuts
- 2) Wheat
- 3) Soy

Tools

Baking Sheet, Large Pan, Medium Bowl, Peeler, Small Dish

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 667 cal | Fat: 21 g | Sat. Fat: 6 g | Protein: 46 g | Carbs: 77 g | Sugar: 33 g | Sodium: 240 mg | Fiber: 9 g

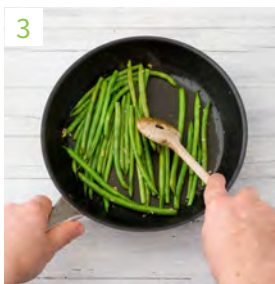
Make sure to wash and dry produce before prepping or cooking!



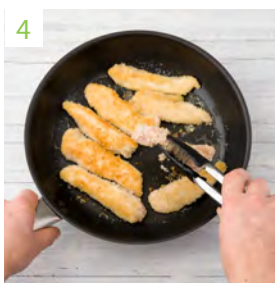
1 Make the sweet potato fries: Heat the oven to 400 degrees. Peel the **sweet potato**, then cut into ½-inch sticks (like French fries!). Toss on a baking sheet with a drizzle of **oil**, the **paprika**, and a pinch of **salt** and **pepper**. Place in the oven for 20-25 minutes, tossing halfway through cooking, until golden brown.



2 Prep and coat the chicken fingers: Combine the **panko** and the **coconut flakes** in a small dish with a pinch of **salt** and **pepper**. Place the **honey** and a drizzle of **oil** in a medium bowl. Cut the **chicken breasts** into 1-inch strips (like chicken fingers!). Toss the **chicken strips** into the **honey mixture** to coat, then season with **salt** and **pepper**. Working one at a time, press each strip into the **coconut mixture** to adhere. Place the coated strips aside.



3 Cook the green beans: Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **green beans** and **garlic powder** to the pan and cook, tossing, for 4-6 minutes, until the beans are starting to blister. Season with **salt** and **pepper**. Set aside, covered, to keep warm.



4 Cook the chicken fingers: Heat a thin layer of **oil** in the same pan over medium-high heat. Add the **chicken strips** to the pan and cook for 2-3 minutes per side, until golden brown and cooked through.

5 Plate: Serve the **chicken fingers** with the **sweet potato fries** and the **green beans** alongside. Enjoy!