



FEB  
2017

## Baked Parmesan Chicken Strips

with Rosemary Potato Wedges, Green Beans and Honey-Mustard Dipping Sauce

A balanced meal that's adult AND kid approved? Yes, please! We opted to toast the panko to ensure it's as crunchy as possible before combining it with Parmesan.



prep  
35 min



level 1



Chicken Tenderters



Mini Yukon  
Potatoes



Green Beans



Panko  
Breadcrumbs



Dijon Mustard



Honey



Rosemary



Parmesan Cheese

## Ingredients

Chicken Tenders		2 pkg (680 g)
Mini Yukon Potatoes		2 pkg (680 g)
Green Beans, trimmed		2 pkg (340 g)
Panko Breadcrumbs	1)	1 pkg (1 cup)
Dijon Mustard	2) 3)	3 pkg (4½ tsp)
Honey		5 pkg (5 tbsp)
Rosemary		1 pkg (7 g)
Parmesan Cheese, shredded	4)	1 pkg (1 cup)
Olive or Canola Oil*		

4 People

\*Not Included

## Allergens

- 1) Wheat/Blé
- 2) Mustard/Moutarde
- 3) Sulphites/Sulfites
- 4) Milk/Lait

## Tools

Measuring Spoons, 2 Baking Sheets, Large Non-Stick Pan, Medium Bowl, Small Bowl, Shallow Dish

Ruler

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**Nutrition per person** Calories: 654 cal | Fat: 14 g | Protein: 58 g | Carbs: 76 g | Fibre: 9 g | Sodium: 857 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

2



**1 Preheat the oven to 450°F (to roast the potatoes and chicken tenders). Start prepping when the oven comes up to temperature!**

**2 Prep: Wash and dry all produce.** Pick a few **rosemary leaves** off the stems and finely chop **2 tsp**. Cut the **potatoes** into ½-inch wedges. Toss the potatoes with the **rosemary** and a drizzle of **oil** on a baking sheet. Season with **salt** and **pepper**. Roast in the centre of the oven, flipping the potatoes over halfway through cooking, until golden-brown, 25-28 min.

4



**3 Toast the panko:** Meanwhile, heat a large non-stick pan over medium heat. Add the **panko** to the dry pan. Cook, stirring often, until toasted and golden-brown, 4-5 min. Transfer to a shallow dish with the **Parmesan** and drizzle of **oil**.

6



**4 Prep the chicken:** In a medium bowl, season the **chicken tenders** with **salt** and **pepper**. Add **3 pkg honey** and stir to coat the chicken strips. Working with one strip at a time, press each into the **panko** to coat completely. Arrange the coated chicken strips on a foil-lined baking sheet. Bake in the centre of oven until golden, 12-14 min.

**5 Cook the green beans:** Meanwhile, heat the same non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **green beans**. Season with **salt** and **pepper**. Cook, stirring occasionally, until beans are tender-crisp, 8-9 min.

**6 Make the honey-mustard dipping sauce:** In a small bowl, combine the **remaining honey** with the **mustard**.

**7 Finish and serve:** Serve the **chicken strips** with **potato wedges**, **green beans** and the **honey-mustard dipping sauce**. Enjoy!

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