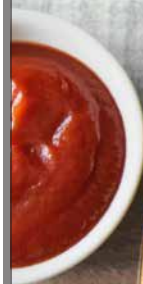


Hello
FRESH



SEP
2016

Coconut-Crusted Chicken Fingers

with Roasted Green Beans and Fries

The secret to tender, juicy, and flavorful chicken fingers? Breading. A crispy panko and slightly sweet coconut one, to be exact. To round out this dish, our chefs added golden potatoes and crispy roasted green beans—two sides that are super simple and easy to prepare.



Prep: 5 min
Total: 30 min



level 1



dairy
free



Chicken
Breasts



Yukon
Potatoes



Green
Beans



Coconut Flakes



Honey



Paprika



Panko
Breadcrumbs



Garlic
Powder



Ketchup

Ingredients

| | | |
|-------------------|-------|-------|
| Chicken Breasts | | 24 oz |
| Yukon Potatoes | | 24 oz |
| Green Beans | | 12 oz |
| Coconut Flakes | 1) | ½ Cup |
| Honey | | 2 T |
| Paprika | | 2 t |
| Panko Breadcrumbs | 2) 3) | 1 Cup |
| Garlic Powder | | 2 t |
| Ketchup | | 4 T |
| Oil* | | 5 T |

*Not Included

Allergens

1) Tree Nuts

2) Wheat

3) Soy

Tools

2 Baking sheets,
Shallow dish, Medium
bowl, Large pan,
Paper-towel-lined plate

Nutrition per person Calories: 621 cal | Fat: 24 g | Sat. Fat: 6 g | Protein: 44 g | Carbs: 59 g | Sugar: 16 g | Sodium: 274 mg | Fiber: 8 g



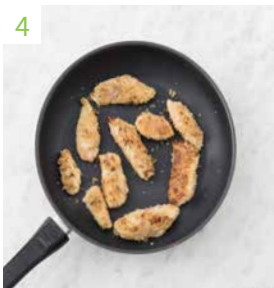
1 Bake the fries: Wash and dry all produce. Preheat the oven to 400 degrees. Cut the **potatoes** into ½-inch wedges (like steak fries). Toss on a baking sheet with a large drizzle of **oil**, the **paprika**, and a pinch of **salt** and **pepper**. Place in the oven for 20-25 minutes, tossing once, until golden brown.



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



3 Cook the green beans: Trim the long-stemmed ends of the **green beans**. Toss on a baking sheet with a large drizzle of **oil**, **garlic powder**, **salt**, and **pepper**. Roast 10-12 minutes, until slightly crispy.



4 Cook the chicken: Heat a thin layer of **oil** (about 3 Tablespoons) in a large pan over medium-high heat. Working in batches, add the **chicken fingers**. Cook 2-3 minutes per side, until golden brown and cooked through. Place the finished strips on a paper-towel-lined plate. **TIP:** If they begin to brown too quickly, lower the heat.

5 Plate: Serve the **coconut-crust chicken fingers** with the **fries** and **roasted green beans** on the side. Serve with **ketchup** for dipping. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

