



# Honey-Garlic Chicken Tenders

with Potatoes and Green Beans

**PRONTO** 30 Minutes



Chicken Tenders



Yellow Potato



Garlic



Green Beans



Thyme



Honey



Garlic Salt



Dijon Mustard

**HELLO THYME**

*Dried or fresh this small herb packs a big floral herbaceous punch!*

## START HERE

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

### Bust Out

Large Non-Stick Pan, Baking Sheet, Small Bowl, Measuring Spoons, Paper Towels

### Ingredients

	2 Person	4 Person
Chicken Tenders	340 g	680 g
Yellow Potato	300 g	600 g
Garlic	6 g	12 g
Green Beans	170 g	340 g
Thyme	7 g	7 g
Honey	2 tbsp	4 tbsp
Garlic Salt	1 ½ tsp	3 tsp
Dijon Mustard	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

### 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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### 1. PREP & ROAST POTATOES

Quarter **potatoes**. Toss **potatoes** with **thyme sprigs** and **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **half the garlic salt** and **pepper**. Roast in **middle** of oven, until golden-brown, 23-25 min. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet. Roast in top and middle of oven, rotating sheets halfway through cooking)



### 4. PAN-FRY CHICKEN

Heat the same pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then **chicken**. Cook, turning pieces over occasionally, until cooked through, 5-6 min. **\*\* (TIP:** Don't overcrowd the pan, cook the chicken in two batches if needed!)



### 2. PREP

While **potatoes** roast, trim **green beans**. Peel, then mince or grate **garlic**. Pat **chicken** dry with paper towels. Season with **remaining garlic salt** and **pepper**. Stir **honey** with **dijon** in a small bowl. Set aside.



### 5. GLAZE CHICKEN

Add **garlic** to pan with **chicken**. Cook, stirring often, until fragrant, 30 sec. Remove pan from heat, then add **honey mixture** and toss to coat.



### 3. COOK GREEN BEANS

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **green beans**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **salt** and **pepper**. Remove pan from the heat, then transfer **green beans** to a plate. Cover to keep warm.



### 6. FINISH & SERVE

Discard **thyme sprigs**. Divide **potatoes**, **chicken** and **green beans** between plates. Drizzle any **glaze** from pan over **chicken**.

## Dinner Solved!