

Crispy Chicken Tenders

with Roasted Potatoes & Summer Squash

PREP TIME: 15 minutes

COOK TIME: 25-35 minutes

SERVINGS: 2

These satisfying chicken tenders—a comfort food staple—get plenty of crunch from a coating of crispy panko breadcrumbs. For a simple side, we're roasting Yukon Gold potatoes and seasonal summer squash, added to the sheet pan for the last few minutes of cooking. (You may receive yellow squash, green zucchini, or grey zucchini). The dish comes together with two flavorful condiments: a fresh chimichurri, or herb-based sauce, to dress the squash, and a creamy aioli for dipping or drizzling over the whole plate.



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Ingredients



3/4 lb
CHICKEN
TENDERS



1
CAGE-FREE
FARM EGG



1 clove
GARLIC



1
LEMON



1
SUMMER SQUASH



1 bunch
PARSLEY



3/4 lb
YUKON GOLD
POTATOES

KNICK KNACKS:



2/3 cup
PANKO
BREADCRUMBS



1/4 cup
ALL-PURPOSE
FLOUR



1/4 cup
MAYONNAISE



1/4 tsp
CRUSHED RED
PEPPER FLAKES



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1 Prepare the ingredients:

- ☐ Preheat the oven to 475°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut the squash into 1/2-inch-thick pieces on an angle.
- ☐ Cut the potatoes into 1/2-inch-wide wedges.
- ☐ Roughly chop the parsley leaves and stems.
- ☐ Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.
- ☐ Peel and roughly chop the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester).



2 Roast the vegetables:

- ☐ Place the **squash** in a bowl; drizzle with olive oil and season with salt and pepper. Set aside. Place the **potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper. Toss to coat. Arrange in a single layer, skin side down, on 1 side of the sheet pan.
- ☐ Roast 14 to 16 minutes, or until lightly browned. Leaving the oven on, remove from the oven. Carefully place the seasoned squash in an even layer on the other side of the sheet pan. Roast 8 to 10 minutes, or until the vegetables are browned and tender when pierced with a fork. Remove from the oven.

3 Bread the chicken:

- ☐ Once the potatoes have roasted for about 10 minutes, crack the **egg** into a medium bowl; season with salt and pepper and beat until smooth. Place the **flour** and **breadcrumbs** in 2 separate, medium bowls; season with salt and pepper. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Working 2 pieces at a time, thoroughly coat the seasoned chicken in the flour (tapping off any excess), then in the beaten egg (letting any excess drip off), then in the breadcrumbs (pressing to adhere). Transfer to a separate plate.



4 Cook the chicken:

- ☐ While the potatoes and squash roast, in a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a pinch of breadcrumbs sizzles immediately when added to the pan, add the **breaded chicken** and cook 3 to 5 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate; immediately season with salt.

5 Make the chimichurri:

- ☐ While the chicken cooks, in a bowl, combine the **parsley**, **lemon zest**, **up to half the garlic paste**, the **juice of 2 lemon wedges**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Drizzle with olive oil and season with salt and pepper to taste.



6 Finish & plate your dish:

- ☐ While the chicken continues to cook, to make the aioli, in a bowl, combine the **mayonnaise**, the **juice of the remaining lemon wedges**, and **as much of the remaining garlic paste as you'd like**. Season with salt and pepper to taste. Set aside. Transfer the **roasted squash** to a medium bowl; add the **chimichurri** and toss to coat.
- ☐ Divide the **cooked chicken**, **roasted potatoes**, and finished squash between 2 dishes. Serve with the aioli on the side. Enjoy!