

Soy-Marinated Chicken Tenders

with Japanese Sweet Potatoes & Sweet Chili Slaw

TIME: 25-35 minutes

SERVINGS: 2

Tonight's chicken tenders get their irresistibly savory seasoning from a marinade of soy sauce. Right before frying, we're coating the marinated chicken in a blend of flour and cornstarch for an extra crispy coating. The tenders and a side of roasted Japanese sweet potato (a magenta-skinned variety beloved for its starchy texture) are even more delicious when dipped in hoisin-seasoned mayonnaise.



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Ingredients



8
CHICKEN
TENDERS



2
SCALLIONS



1 lb
JAPANESE SWEET
POTATOES



1/2 lb
RED CABBAGE

KNICK KNACKS:



3 Tbsp
SWEET CHILI
SAUCE



2 Tbsp
HOISIN SAUCE



2 Tbsp
RICE VINEGAR



2 Tbsp
SOY SAUCE



1 tsp
FURIKAKE



1/4 cup
MAYONNAISE



1/3 cup
FLOUR BLEND*

* All-Purpose Flour & Cornstarch



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1 Prepare & roast the sweet potatoes:

- Preheat the oven to 450°F.
- Wash and dry the **sweet potatoes**; halve lengthwise, then cut crosswise into 1/4-inch-thick pieces.
- Place on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single layer.
- Roast 20 to 22 minutes, or until tender when pierced with a fork. Remove from the oven.

2 Marinate the chicken & prepare the ingredients:

- While the sweet potatoes roast, pat the **chicken** dry with paper towels. Place in a medium bowl; add the **soy sauce**. Stir to thoroughly coat. Set aside to marinate, stirring occasionally, for at least 10 minutes.
- While the chicken marinates, wash and dry the remaining fresh produce.
- Cut out and discard the cabbage core; thinly slice the leaves and place in a large bowl.
- Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.

3 Make the slaw:

- While the sweet potatoes continue to roast, add the **white bottoms of the scallions, sweet chili sauce, and vinegar** to the bowl of **cabbage**. Season with salt and pepper.
- Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

4 Coat the chicken:

- While the slaw marinates, place the **flour blend** on a plate.
- Working a few pieces at a time, remove the **marinated chicken** from the bowl of soy sauce (letting any excess drip off).
- Thoroughly coat the chicken in the flour blend (tapping off any excess).
- Transfer to a separate plate.

5 Cook the chicken:

- While the slaw continues to marinate, 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 the flour blend sizzles immediately when added to the pan, add the **coated chicken**. Cook 3 to 5 minutes per side, or until golden brown and cooked through. (If the pan seems dry, add a drizzle of olive oil before flipping.)
- Transfer to a paper towel-lined plate.

6 Make the sauce & plate your dish:

- While the chicken cooks, in a bowl, combine the **mayonnaise** and **hoisin sauce**. Season with salt and pepper to taste.
- Transfer the **roasted sweet potatoes** to a serving dish. Divide the **cooked chicken** and **slaw** between 2 dishes. Garnish with the **green tops of the scallions**. Garnish the chicken with the **furikake**. Serve with the sauce on the side. Enjoy!