

Soy-Marinated Chicken Tenders

with Japanese Sweet Potatoes
& Sweet Chili Slaw

TIME: 35-45 minutes

SERVINGS: 2

These chicken tenders get their irresistible savoriness from a soy sauce marinade and an extra-crispy exterior from a coating of flour and cornstarch. The tenders and a side of roasted Japanese sweet potatoes—a magenta-skinned variety known for its sweet flavor and starchy texture—are even more delicious when dipped in hoisin-seasoned mayonnaise. (Chefs, the cabbage for your slaw may be red, or green and cone-shaped.)



MATCH YOUR BLUE APRON WINE



Floral & Aromatic

Serve a bottle with this symbol for a great pairing.



Ingredients



8
CHICKEN
TENDERS



2
SCALLIONS



1 lb
JAPANESE SWEET
POTATOES



1/2 lb
CABBAGE

KNICK KNACKS:



3 Tbsp
SWEET CHILI
SAUCE



2 Tbsp
HOISIN SAUCE



2 Tbsp
RICE VINEGAR



2 Tbsp
SOY SAUCE



1 tsp
FURIKAKE



2 Tbsp
MAYONNAISE

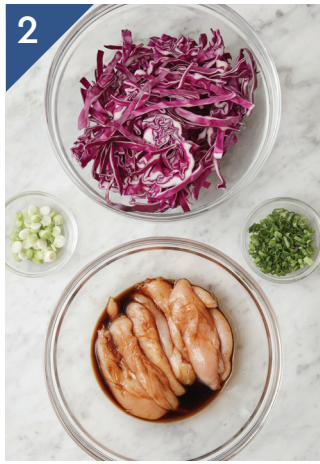


1/3 cup
FLOUR BLEND*

* All-Purpose Flour & Cornstarch



Download our iOS or Android app, or log in to blueapron.com for how-to videos and supplier stories.



1 Prepare & roast the sweet potatoes:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the **sweet potatoes**; halve lengthwise. 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 large bowl; add the **soy sauce**. Turn to thoroughly coat. Set aside to marinate, turning 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. 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. Stir to combine.
- ☐ 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 **up to half the hoisin sauce** (you will have extra 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!