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ANY ISSUES WITH YOUR ORDER? WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.

HelloCustom

If you chose to modify your meal, follow the **HelloCustom** instructions on the flip side of this card.

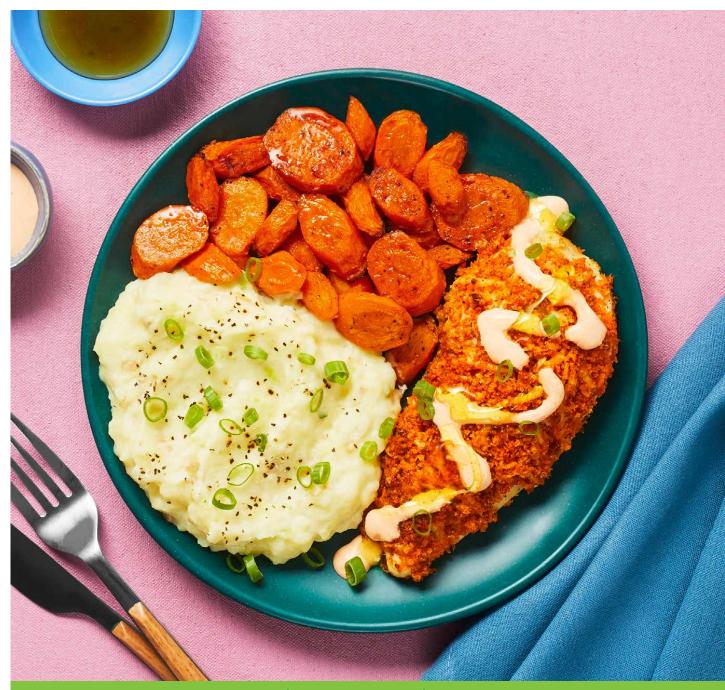
8 oz 16 oz	



6 oz | 12 oz S Asparagus Calories: 710

CRISPY KICKIN' CAYENNE CHICKEN CUTLETS

with Mashed Potatoes, Carrots & a Honey Drizzle



PREP: 5 MIN COOK: 30 MIN CALORIES: 760



HELLO

HONEY

A drizzle of this condiment adds sweet contrast to spicy chicken.

BEST SPUDS

Our trick for the smoothest-ever mashed potatoes? Always save some potato cooking liquid, and add a few splashes when mashing.

BUST OUT

Potato masher

- Peeler
- Small bowl
 Baking sheet
- Medium bowl Paper towels
- Medium pot
 Large bowl
- Strainer
- Kosher salt
- Black pepper
- Cooking oil (3 tsp | 4 tsp)
- Butter (3 TBSP | 5 TBSP)
 Contains: Milk

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*Chicken is fully cooked when internal temperature reaches 165°



1 PREP & MAKE SAUCE

- Adjust rack to top position (top and middle positions for 4 servings) and preheat oven to 425 degrees. Wash and dry produce.
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens.
- In a small bowl, combine half the sour cream, ½ tsp Frank's Seasoning Blend

 (1 tsp for 4), and a big pinch of salt. (Be sure to measure the Frank's Seasoning—you'll use the rest in Step 2.) Stir in water
 1 tsp at a time until mixture reaches a drizzling consistency.
- Cut broccoli into bite-size pieces if necessary or trim and discard woody bottom ends from asparagus. (Save carrots for another use.)



4 ROAST CARROTS

- While potatoes cook, lightly oil a baking sheet.
- Toss carrots on one side of sheet with a drizzle of oil, salt, and pepper (for 4 servings, spread out across entire sheet). Roast on top rack for 5 minutes (you'll add the chicken to the baking sheet then).
- Swap in **broccoli** for carrots. Roast as instructed.
- Swap in **asparagus** for carrots. (You'll roast in the next step.)



2 MIX PANKO

- Place 1 TBSP butter (2 TBSP for 4 servings) in a medium microwave-safe bowl; microwave until melted, 30-45 seconds.
- Stir in panko, Monterey Jack, remaining Frank's Seasoning Blend, and a big pinch of salt and pepper.



3 MAKE MASHED POTATOES

- Dice potatoes into ½-inch pieces. Place in a medium pot with enough salted water to cover by 2 inches. Bring to a boil; cook until tender, 15-20 minutes. Reserve ½ cup potato cooking liquid, then drain.
- Heat a drizzle of oil and scallion whites in empty pot over low heat; cook until softened, 1 minute. Return potatoes to pot; mash with remaining sour cream and 1 TBSP butter (2 TBSP for 4 servings) until smooth and creamy, adding splashes of reserved potato cooking liquid as needed. Season with salt and pepper. Keep covered off heat until ready to serve.



5 COAT & ROAST CHICKEN

- Meanwhile, pat chicken* dry with paper towels and season with salt and pepper.
 Mound tops of chicken with panko mixture, pressing firmly to adhere.
- Once carrots have roasted 5 minutes, remove sheet from oven. Carefully place chicken, coated sides up, on empty side. (For 4 servings, leave carrots roasting; roast chicken on a second oiled sheet on middle rack.)
- Roast on top rack until chicken is golden brown and cooked through and carrots are tender, 15-18 minutes.
- Roast broccoli as instructed.
- Place coated chicken on opposite side of sheet from asparagus. Roast until asparagus is tender, 10-12 minutes. Carefully remove asparagus from sheet and continue to roast chicken until cooked through, 5 minutes more.



6 FINISH & SERVE

- Carefully transfer roasted carrots to a large bowl; add 1 TBSP butter and toss until melted.
- Divide carrots, mashed potatoes, and chicken between plates. Drizzle chicken with creamy Buffalo sauce and honey (or serve on the side for dipping). Carnish potatoes and chicken with scallion greens and serve.
- Toss broccoli or asparagus with butter
 as instructed.