



# CRISPY BUFFALO-SPICED CHICKEN

with Blue Cheese Sauce, Scallion Mashed Potatoes & Carrots

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



12 oz | 24 oz  
Potatoes\*



2 | 2  
Scallions



1 TBSP | 1 TBSP  
Fry Seasoning



4½ TBSP | 9 TBSP  
Sour Cream  
Contains: Milk



1½ oz | 3 oz  
Blue Cheese  
Dressing  
Contains: Milk, Eggs



1 tsp | 2 tsp  
Hot Sauce



¼ Cup(s) | ½ Cup(s)  
Panko  
Breadcrumbs  
Contains: Wheat



¼ oz | ½ oz  
Frank's Seasoning  
Blend



10 oz | 20 oz  
Chicken Cutlets



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP  
OR GIVE US A CALL AT (646) 846-3663.

\*The ingredient you received may be a different color.



## HelloCustom

2 PERSON | 4 PERSON

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



6 oz | 12 oz  
Asparagus

Calories: 710



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 760



HELLO

### BLUE CHEESE SAUCE

This cooling condiment balances Buffalo-spiced chicken.

### WE'RE BIASED, BUT ...

The knife technique we use in Step 1 (aka bias cut) maximizes surface area so carrots get extra caramelized in the oven.

### BUST OUT

- Peeler
- 2 Baking sheets
- Medium pot
- Strainer
- Potato masher
- Paper towels
- Small bowl
- Kosher Salt
- Black Pepper
- Cooking Oil
- Olive Oil
- Butter  
*Contains: Milk*

### MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

*For HelloCustom nutritional information, please refer to HelloFresh.com.*

### HOW WAS YOUR MEAL?



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### 1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Dice **potatoes** into ½-inch pieces. Trim and thinly slice **scallions**, separating whites from greens.

- Trim and discard woody bottom ends from **asparagus**. (Save carrots for another use.)



### 4 COAT CHICKEN

- Meanwhile, pat **chicken\*** dry with paper towels; season with **salt** and **pepper**.
- Place **1 TBSP butter** (2 TBSP for 4 servings) in a shallow microwave-safe dish. Microwave until melted, 30 seconds. Stir in **panko**, **Frank's Seasoning Blend**, and a **pinch of salt and pepper**.
- Brush **one packet sour cream** (two packets for 4) onto tops of chicken in a thin layer. (You'll use the remaining sour cream in the next step.) Working one piece at a time, dip brushed sides of chicken into panko mixture, pressing to adhere (no need to coat the undersides).
- Place chicken, coated sides up, on a second, lightly oiled baking sheet.



### 2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of olive oil**, **half the Fry Seasoning** (all for 4 servings), **salt**, and **pepper**.
- Roast on top rack until golden brown and tender, 20-25 minutes.
- Swap in **asparagus** for carrots; roast until lightly browned and tender, 10-12 minutes.



### 5 ROAST & MAKE SAUCE

- Roast **chicken** on middle rack until browned and cooked through, 15-18 minutes. Transfer to a plate to rest.
- While chicken cooks, in a small bowl, combine **blue cheese dressing**, **scallion whites**, and **remaining sour cream**.



### 3 MAKE MASHED POTATOES

- While carrots roast, place **potatoes** in a medium pot with enough **salted water** to **cover by 2 inches**. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**; drain and return potatoes to pot. Mash with **one packet sour cream** (two packets for 4 servings) and **1 TBSP butter** (2 TBSP for 4) until smooth, adding splashes of reserved potato cooking liquid as needed. (You'll use more sour cream in the next step.)
- Stir in **half the scallion greens**. Season with **salt** and **pepper**. Keep covered off heat until ready to serve.



### 6 SERVE

- Divide **carrots**, **mashed potatoes**, and **chicken** between plates. Top chicken with **blue cheese sauce**, **remaining scallion greens**, and **hot sauce** if desired. Serve with any remaining blue cheese sauce on the side.

\*Poultry is fully cooked when internal temperature reaches 165°.