



CRISPY BUFFALO-SPICED CHICKEN

with Blue Cheese Sauce, Sour Cream 'n' Chive Mashed Potatoes & Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold
Potatoes



12 oz | 24 oz
Carrots



¼ oz | ½ oz
Chives



1 TBSP | 1 TBSP
Fry Seasoning



6 TBSP | 12 TBSP
Sour Cream
Contains: Milk



10 oz | 20 oz
Chicken Cutlets



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



7.2 g | 14.4 g
Frank's RedHot®
Original Seasoning
Blend



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



1 tsp | 2 tsp
Hot Sauce

HELLO

BLUE CHEESE SAUCE

This funky-cool condiment adds major oomph to Buffalo-spiced-and-crust chicken cutlets.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 750



FRANK'S REDHOT® ORIGINAL SEASONING BLEND

Shake on the perfect blend of flavor and heat with Frank's RedHot® Original Seasoning Blend. Now you can sprinkle it on everything from burgers and veggies to pizza and fries.



LIFE HACK

In step 4, we instruct you to brush the tops of your chicken with sour cream. We prefer to use a basting brush for the job, but if you don't have one, simply use the back of a spoon to evenly coat.

BUST OUT

- 2 Baking sheets
- Medium pot
- Strainer
- Potato masher
- Paper towels
- Small bowl
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Vegetable oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)

Contains: Milk

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

(646) 846-3663
HelloFresh.com

* Chicken is fully cooked when internal temperature reaches 165°.



1 PREP

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry all produce.**
- Dice **potatoes** into ½-inch pieces. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Mince **chives**.



4 COAT CHICKEN

- Pat **chicken** dry with paper towels; season with **salt** and **pepper**.
- Place **1 TBSP butter** in a shallow dish. Microwave until melted, 30 seconds. Stir in **panko**, **Frank's Seasoning**, and a pinch of **salt** and **pepper**.
- Brush **1 packet sour cream** onto tops of chicken in a thin layer. Working one piece at a time, dip brushed sides of chicken into panko mixture, pressing to adhere.
- Place coated sides up on a second, lightly **oiled** baking sheet.
- **4 SERVINGS: Use 2 TBSP butter. Use 2 packets sour cream on chicken.**



2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a large drizzle of **olive oil**, half the **Fry Seasoning**, **salt**, and **pepper**.
- Roast on top rack until golden brown and tender, 20-25 minutes.
- **4 SERVINGS: Use all the Fry Seasoning.**



5 ROAST & MAKE SAUCE

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



3 MAKE MASHED POTATOES

- Place **potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Boil until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**; drain and return potatoes to pot. Mash with **1 packet sour cream** and **1 TBSP butter** until smooth, adding splashes of reserved cooking liquid as needed.
- Stir in half the **chives**. Season with **salt** and **pepper**. Keep covered off heat.
- **4 SERVINGS: Mash potatoes with 2 packets sour cream and 2 TBSP butter.**



6 SERVE

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