



# CRISPY BUFFALO-SPICED CHICKEN

with Blue Cheese Sauce, Scallion Mashed Potatoes & Roasted Carrots

HALL OF FAME

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Yukon Gold  
Potatoes



12 oz | 24 oz  
Carrots



2 | 2  
Scallions



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

### HALL OF FAME

Meet one of our all-star recipes:  
a tried-and-true favorite chosen  
by home cooks like you!



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.





## GOLD (B)RUSH

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

- Peeler
- 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

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\* 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.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Dice **potatoes** into ½-inch pieces (no need to peel). Trim and thinly slice **scallions**, separating whites from greens.



### 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 RedHot® Original Seasoning**, and a pinch of **salt** and **pepper**.
- Brush **1 packet sour cream (2 packets for 4)** 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 (no need to coat the undersides).
- Place 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.



### 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**, **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. Boil until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**; drain and return potatoes to pot. Mash with **1 packet sour cream (2 packets for 4 servings)** and **1 TBSP butter (2 TBSP for 4)** until smooth, adding splashes of reserved potato cooking liquid as needed. Stir in half the **scallion greens**. Season with **salt** and **pepper**. Keep covered off heat.



### 6 SERVE

- Divide **carrots**, **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.