



# BUFFALO-SPICED CRISPY CHICKEN BREASTS

with Mashed Potatoes, Buttery Broccoli & a Honey Drizzle

## INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz  
Broccoli Florets



2 | 4  
Scallions



4 TBSP | 8 TBSP  
Sour Cream  
Contains: Milk



7.2 g | 14.4 g  
Frank's Seasoning Blend



¼ Cup | ½ Cup  
Panko  
Breadcrumbs  
Contains: Wheat



¼ Cup | ½ Cup  
Monterey Jack  
Cheese  
Contains: Milk



12 oz | 24 oz  
Chicken Breasts



12 oz | 24 oz  
Yukon Gold  
Potatoes



2 tsp | 4 tsp  
Honey

## HELLO

## HONEY

A drizzle of this delicious condiment adds a sweet contrast to savory spice-crust chicken.



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 780





## THE MORE YOU KNOW

Our trick for the creamiest-ever mashed potatoes? Always save a scoop of potato cooking liquid before draining. Adding a few splashes of that starchy liquid while mashing helps your potatoes reach a dreamy consistency.

## BUST OUT

- Small bowl
- Medium bowl
- Medium pot
- Strainer
- Potato masher
- Paper towels
- Baking sheet
- Large bowl
- Kosher salt
- Black pepper
- Vegetable oil (2 tsp | 2 tsp)
- Olive oil (2 tsp | 2 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 all produce.**
- Cut **broccoli florets** into bite-size pieces if necessary. Trim and thinly slice **scallions**, separating whites from greens.
- In a small bowl, combine half the **sour cream**, **½ tsp Frank's Seasoning (1 tsp for 4)**, and a big pinch of **salt**. (You'll use the rest of the sour cream and seasoning later.) Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



## 4 COAT CHICKEN

- While potatoes cook, pat **chicken\*** dry with paper towels and season all over with **salt** and **pepper**.
- Place on one side of a lightly **oiled** baking sheet. (**For 4 servings, spread chicken out across entire sheet.**) Mound tops of chicken breasts with **panko mixture**, pressing firmly to adhere (no need to coat the undersides).



## 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**, and a big pinch of **salt** and **pepper**.



## 5 ROAST CHICKEN & BROCCOLI

- Toss **broccoli** on opposite side of sheet from **chicken** with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. (**For 4 servings, add broccoli to a second baking sheet; roast chicken on top rack and broccoli on middle rack.**)
- Roast on top rack until chicken is golden brown and cooked through and broccoli is slightly crispy, 18-22 minutes. **TIP: If broccoli is done before chicken, remove from sheet and continue roasting chicken.**



## 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 and cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain and return empty pot to low heat. Add a drizzle of **oil** and **scallion whites**; cook until softened, 1-2 minutes.
- Return potatoes to pot. Mash with **1 TBSP butter (2 TBSP for 4 servings)** and remaining **sour cream** until smooth and creamy, adding splashes of reserved potato cooking liquid as needed. Season with **salt** and **pepper**. Remove from heat; keep covered until ready to serve.



## 6 FINISH & SERVE

- Transfer roasted **broccoli** to a large bowl; toss with **1 TBSP butter**.
- Divide **potatoes**, **chicken**, and broccoli between plates. Drizzle chicken with **creamy Buffalo sauce** and **honey** (or serve both on the side for dipping). Sprinkle potatoes and chicken with **scallion greens** and serve.