



# CRISPY BUFFALO-SPICED CHICKEN

with Blue Cheese Sauce, Scallion Mashed Potatoes & 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



12 oz | 24 oz  
Chicken Breasts



1/4 Cup | 1/2 Cup  
Panko Breadcrumbs  
Contains: Wheat



7.2 g | 14.4 g  
Frank's 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: 800



## BRUSH WITH GREATNESS

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 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). (You'll use the remaining sour cream in the next step.)
- 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.



## 5 ROAST & MAKE SAUCE

- Roast **chicken** on middle rack until cooked through, 15-20 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 **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. (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.



## 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.