



FRENCH DIP CHICKEN SANDWICHES

with Au Jus Sauce & Roasted Carrot Fries

NEW!

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



1 | 2
Tomato



10 oz | 20 oz
Chicken Cutlets



1 TBSP | 2 TBSP
Fry Seasoning



4 Slices | 8 Slices
Sourdough Bread
Contains: Soy, Wheat



1 | 2
Chicken Stock
Concentrate



1/4 Cup | 1/2 Cup
Monterey Jack
Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HelloCustom

2 PERSON | 4 PERSON

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



8 oz | 16 oz
Broccoli Florets

Calories: 720

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 750



HELLO

AU JUS

French for “with juice,” here it refers to a savory broth for dipping

PLACE HOLDER

To prevent the plastic wrap from moving around while you pound the chicken, try sprinkling a little water on your work surface first!

BUST OUT

- 3 Small bowls
- Plastic wrap
- Peeler
- Mallet
- Baking sheet
- Large pan
- Paper towels
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking 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



1 PREP

- Adjust rack to top and middle positions and preheat oven to 450 degrees. Cut **1 TBSP butter (2 TBSP for 4 servings)** into four cubes (**eight cubes for 4**). Place butter in a small bowl; bring to room temperature. **Wash and dry produce.**
- Trim, peel, and cut **carrots** into sticks (**like fries—ours were 3 inches long and ½ inch thick**). Thinly slice **tomato** into rounds.

- Cut **broccoli florets** into bite-size pieces if necessary. (**Save carrots for another use.**)



4 MAKE AU JUS

- Heat pan used for chicken over medium-high heat. Add **stock concentrate, 1 TBSP plain butter (2 TBSP for 4 servings), and ½ cup water (1 cup for 4)**. Bring to a simmer and cook, stirring occasionally, until heated through, 1-2 minutes (**2-4 minutes for 4**). Taste and season with **salt and pepper** if desired.
- Turn off heat. Divide **au jus sauce** between two small bowls (**four bowls for 4**); set aside for serving. Wipe out pan.



2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of olive oil**; season generously with **salt and pepper**.
- Roast on top rack until tender, 15-20 minutes.
- Swap in **broccoli** for carrots.



5 TOAST SANDWICHES

- On a clean work surface, spread **softened butter** onto one side of each **bread slice**. Place half the bread slices buttered sides down; layer with **Monterey Jack, tomato, and chicken**. Top with remaining bread slices, buttered sides up.
- Heat pan used for au jus over medium-high heat. Add **sandwiches** and toast until lightly golden and cheese melts, 2-3 minutes per side.
- Transfer to a cutting board.



3 COOK CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels. Place between two pieces of plastic wrap and pound with a mallet or heavy-bottomed pan until ½ inch thick. Season all over with **Fry Seasoning, salt, and pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 2-3 minutes per side.
- Transfer chicken to a plate. Reserve pan.



6 SERVE

- Halve **sandwiches** on a diagonal.
- Divide sandwiches and **carrot fries** between plates. Serve with **au jus sauce** for dipping.

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