



INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



2 | 4
Frank's RedHot®
Original Cayenne
Pepper Sauce



12 oz | 24 oz
Yukon Gold
Potatoes*



1 tsp | 2 tsp
Garlic Powder



½ Cup | 1 Cup
Pepper Jack
Cheese
Contains: Milk



10 oz | 20 oz
Chicken Cutlets



7.2 g | 14.4 g
Frank's Seasoning
Blend



2 tsp | 4 tsp
Honey



1.5 oz | 3 oz
Buttermilk Ranch
Dressing
Contains: Eggs, Milk



1 | 2
Chicken Stock
Concentrate

*The ingredient you received may be a different color.

HELLO

BUTTERMILK RANCH

Some herby, cooling contrast
for spicy-sweet chicken and
cheesy potatoes

HONEY FRANK'S REDHOT® SAUCE CHICKEN

with Roasted Carrots & Cheesy Garlic Potato Wedges



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 720



FRANK'S REDHOT® ORIGINAL CAYENNE PEPPER SAUCE

Frank's RedHot® Original Cayenne
Pepper Sauce was the secret
ingredient used in the original
Buffalo Wings created in Buffalo, NY
in 1964.



SOME LIKE IT HOT

When we instruct you to add hot sauce “to taste” in step 5, we mean it! Keep a small spoon handy to taste in between additions and adjust as needed to achieve your perfect heat level. Your dish will be all the better for it.

BUST OUT

- Peeler
- 2 Baking sheets
- Paper towels
- Medium pan
- Kosher salt
- Black pepper
- Vegetable oil (4 tsp | 4 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

(646) 846-3663
HelloFresh.com



1 PREP

- Adjust racks to middle and top 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. Toss on a baking sheet with a **drizzle of oil, salt, and pepper.**
- Cut **potatoes** into ½-inch-thick wedges. Toss on a separate baking sheet with a **large drizzle of oil, garlic powder, salt, and pepper.**



2 ROAST CARROTS & POTATOES

- Roast **carrots** on middle rack and **potatoes** on top rack until tender, 20-25 minutes.
- When potatoes have 2-3 minutes left, using a spatula, carefully push potatoes together so they're slightly overlapping. Sprinkle with **pepper jack**. Return to oven until cheese melts.



3 SEASON CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels. Season lightly with **salt**, then rub with **Frank's Seasoning**.



4 COOK CHICKEN

- Heat a **drizzle of oil** in a medium, preferably nonstick, pan (**use a large, preferably nonstick, pan for 4 servings**) over medium heat. Add **chicken** and cook until browned and cooked through, 3-5 minutes per side. **TIP: Cooking over medium heat will help prevent the spice blend from burning.**
- Turn off heat; transfer chicken to a plate. Wipe out pan.



5 MAKE SAUCE

- Heat same pan over medium-low heat. Add **honey, stock concentrate, and 1 TBSP water (2 TBSP for 4 servings)**. Cook, stirring, until combined and just simmering, 1-2 minutes.
- Stir in **1 TBSP butter (2 TBSP for 4)** and **Frank's RedHot® Original Cayenne Pepper Sauce** to taste.
- Return **chicken** to pan and turn to coat.



6 SERVE

- Divide **chicken, carrots, and potato wedges** between plates. Drizzle any **remaining sauce** from pan over chicken. Serve with **ranch dressing** on the side for dipping.

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