



CRISPY BUFFALO-SPICED CHICKEN

with Blue Cheese Sauce, Scallion Mashed Potatoes & Parsnips

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Parsnips



12 oz | 24 oz
Potatoes*



2 | 2
Scallions



1 TBSP | 1 TBSP
Fry Seasoning



4½ TBSP | 9 TBSP
Sour Cream
Contains: Milk



10 oz | 20 oz
Chicken Cutlets



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



¼ oz | ½ oz
Frank's Seasoning
Blend



1.5 oz | 3 oz
Blue Cheese
Dressing
Contains: Eggs, Milk



1 tsp | 2 tsp
Hot Sauce



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

*The ingredient you received may be a different color.



HelloCustom

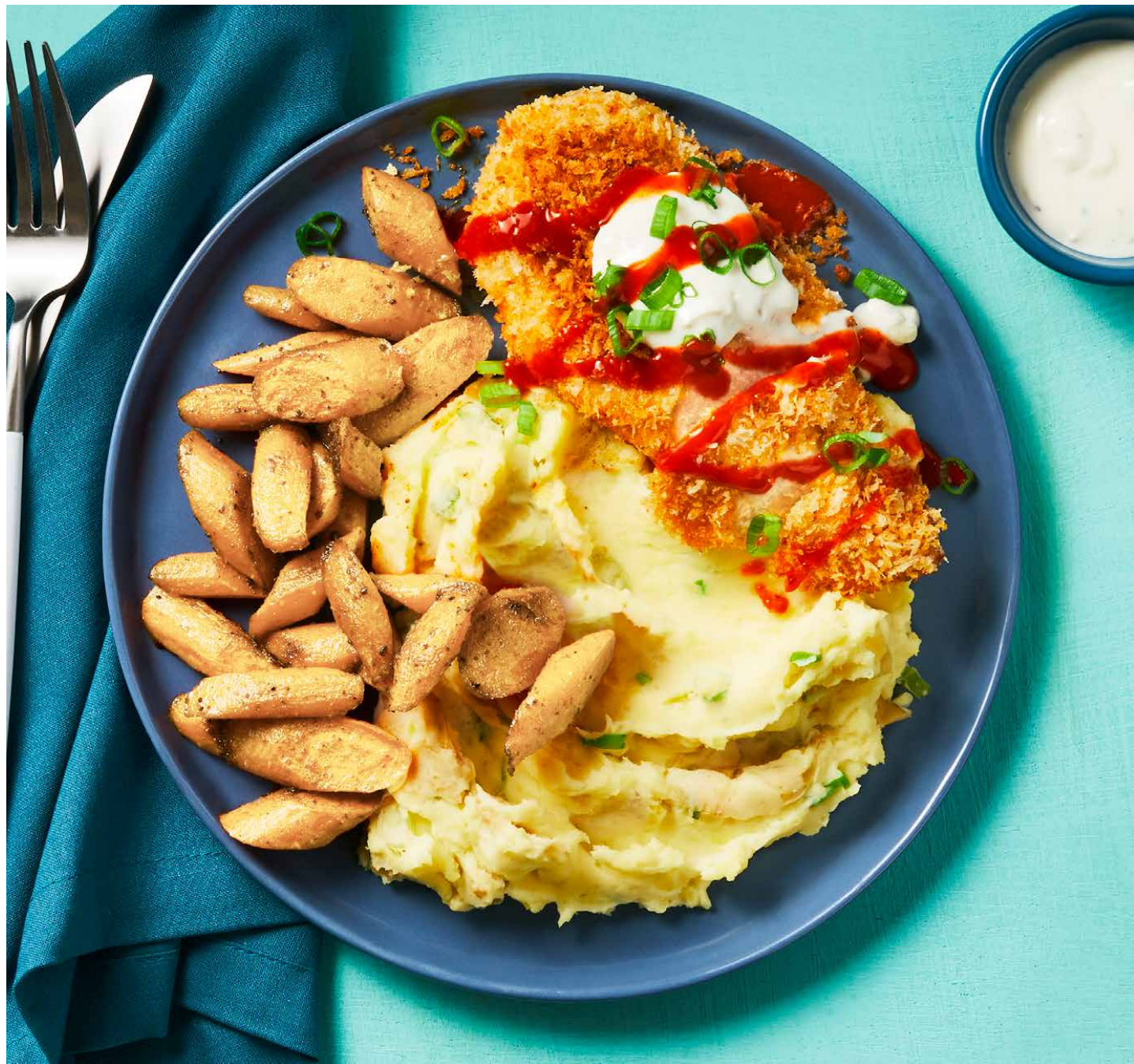
2 PERSON | 4 PERSON

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: 5 MIN | COOK: 35 MIN | CALORIES: 810



HELLO

BLUE CHEESE SAUCE

This cooling condiment balances Buffalo-spiced chicken.

WE'RE BIASED, BUT ...

The knife technique we use in Step 1 (aka bias cut) maximizes surface area so parsnips get extra-caramelized in the oven.

BUST OUT

- Peeler
- Strainer
- 2 Baking sheets
- Potato masher
- Medium pot
- Paper towels
- Small bowl
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking 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 produce.**
- Trim, peel, and cut **parsnips** on a diagonal into ½-inch-thick pieces. Dice **potatoes** into ½-inch pieces. Trim and thinly slice **scallions**, separating whites from greens.

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



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 Blend**, and a **pinch of salt and pepper**.
- Brush **one packet sour cream** (two packets for 4) onto tops of chicken in a thin layer. (You'll use the remaining sour cream in the next step.) Working one piece at a time, dip brushed sides of chicken into panko mixture, pressing to adhere (no need to coat the undersides).
- Place chicken, coated sides up, on a second, **lightly oiled** baking sheet.



2 ROAST PARSNIPS

- Toss **parsnips** 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.

🔄 Swap in **broccoli** for parsnips; roast 15-20 minutes.



5 ROAST & MAKE SAUCE

- Roast **chicken** on middle rack until browned and 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 parsnips 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 **one packet sour cream** (two 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 until ready to serve.



6 SERVE

- Divide **parsnips**, **mashed 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.