



OVEN-FRIED CHICKEN

with Creamy Macaroni and Peas



HELLO
OVEN-FRIED CHICKEN
Thanks to a layer of breadcrumbs, you've got all the crunch of fried chicken without the actual frying.

PREP: 10 MIN | **TOTAL: 40 MIN** | **CALORIES: 970**



Lemon



Panko Breadcrumbs
(Contains: Wheat)



Paprika



Chicken Legs



Scallions



Garlic Herb Butter
(Contains: Milk)



Cream Cheese
(Contains: Milk)



Sour Cream
(Contains: Milk)



Italian Seasoning



Parmesan Cheese
(Contains: Milk)



Macaroni Pasta
(Contains: Wheat)



Peas



Italian Cheese Blend
(Contains: Milk)



Monterey Jack Cheese
(Contains: Milk)

START STRONG

If you have picky eaters, leave out the peas from the pasta. You can always steam them on the stove or in the microwave and serve them separately.

BUST OUT

- Large pot
- Strainer
- Zester
- Olive oil (1 tsp)
- 2 Shallow dishes
- Baking sheet
- Aluminum foil
- Paper towel

INGREDIENTS

Ingredient 4-person

- Lemon 1
- Sour Cream 6 TBSP
- Panko Breadcrumbs 1 Cup
- Italian Seasoning 1 TBSP
- Paprika 1 tsp
- Parmesan Cheese ¼ Cup
- Chicken Legs 32 oz
- Scallions 2
- Macaroni Pasta 6 oz
- Peas 8 oz
- Garlic Herb Butter 2 TBSP
- Italian Cheese Blend 1 Cup
- Monterey Jack Cheese ¼ Cup
- Cream Cheese 4 TBSP

WINE CLUB

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1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil. Zest **lemon** until you have 1 tsp zest, then cut into quarters. Place **sour cream** in a shallow dish. In another shallow dish, mix **panko**, **Italian seasoning**, lemon zest, **paprika**, and half the **Parmesan**. Season with plenty of **salt** and **pepper**.



4 COOK PEAS

After 7-9 minutes, add **peas** to pot with **macaroni**. Cook until peas are tender and macaroni is al dente, about 2 minutes. Reserve **½ cup cooking water**, then drain. Return empty pot to stove, add **garlic herb butter**, and melt over medium heat. Add **scallion whites** and cook, stirring occasionally, until slightly softened, about 1 minute.



2 COAT CHICKEN

Line a baking sheet with aluminum foil and sprinkle with a drizzle of **olive oil**. Pat **chicken** dry with a paper towel. Season with plenty of **salt** and **pepper**. Coat chicken all over with **sour cream**, then dip into **panko mixture**, coating all over and pressing to adhere. Transfer to foil-lined sheet.



5 STIR PASTA

To pot with **scallion whites**, add **¼ cup cooking water**, remaining **Parmesan**, and **Italian, Monterey Jack**, and **cream cheeses**. Whisk until smooth and creamy. Gently stir **macaroni** and **peas** into pot. (**TIP:** Everything should be coated in a loose sauce. If thick, add more cooking water 1 TBSP at a time until creamy.) Season with **salt** and **pepper**.



3 COOK CHICKEN

Bake **chicken** on middle rack until cooked through, 35-40 minutes. (**TIP:** Chicken is done when thickest part of thigh reads 165 degrees on a thermometer.) Meanwhile, trim, then thinly slice **scallions**, separating greens and whites. Once water boils, add **macaroni** to pot. Cook, stirring occasionally, until a bit shy of al dente, 7-9 minutes.



6 PLATE AND SERVE

Divide **pasta** and **chicken** between plates. Sprinkle with **scallion greens** and serve with **lemon quarters** on the side for squeezing over.

FRESH TALK

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