



More than Food

hellofresh.com | hello@hellofresh.com



OCT 2015 Share your masterpiece! Tag your photos with #HelloFreshPics and share on [f](#) [t](#) [i](#) You'll be entered into our weekly photo contest!

Homestyle Chicken Fried Steak

with Mashed Potatoes, Peas, and Gravy

This Southern staple gets its name from the crunchy breading on the outside of the cutlets—it's just like a crispy piece of fried chicken! Creamy mashed potatoes, peas, and homemade pan gravy complete this ultimate comfort food dinner.



40 min



level 2



nut free



Steak Cutlets



Panko



Russet Potatoes



Peas, frozen



Dijon Mustard



Flour



Chicken Stock Concentrate




Cayenne Pepper



Garlic Powder

Ingredients

		2 People	4 People
Steak Cutlets		8 oz	16 oz
Panko	1) 3)	¼ C	½ C
Russet Potatoes		12 oz	24 oz
Peas, frozen		4 oz	8 oz
Dijon Mustard		1 T	2 T
Flour	1)	2 T	4 T
Chicken Stock Concentrate		1	2
Cayenne Pepper 		¼ t	½ t
Garlic Powder		¼ t	½ t
Oil*		1 T	2 T
Butter*	2)	2 T	4 T

*Not Included

Allergens

1) Wheat

2) Milk

3) Soy

Tools

Large Pan, Medium

Pot, Small Pot, Peeler,

Strainer, Small Bowl, Whisk

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 571 cal | Carbs: 53 g | Fat: 24 g | Protein: 36 g | Fiber: 7 g | Sodium: 488 mg

Make sure to wash and dry produce before prepping or cooking!



1 Peel and dice the **potato** into ½-inch cubes. Place the cubes in a medium pot with enough water to cover and a large pinch of **salt**. Bring to a boil and cook for 12-15 minutes, until fork tender. Drain and return to the same pot.

2 Bring the **stock concentrate** and **2 cups water** to a boil in a small pot. Once boiling, add the **peas** and turn off the heat. Let sit.

3 Make the **panko mixture**: in a small bowl, combine the **panko**, **garlic powder**, and **cayenne** (to taste, we used ¼ teaspoon). Season with **salt** and **pepper**.

4 Brush or rub a thin layer of **Dijon mustard** onto all sides of the **steak cutlets**. Season with **salt** and **pepper**. Press the **panko mixture** into the steak cutlets to adhere; flip and repeat on the opposite side.

5 **Cook the steak**: heat **1 Tablespoon oil** in a large pan over medium-high heat. Add the **steak cutlets** to the pan and cook for 2-3 minutes per side, until golden brown and cooked to desired doneness.

6 **Mash the potatoes**: mash the drained **potatoes** with a fork or potato masher until smooth, adding a bit of the **chicken stock** if necessary. Season with **salt** and **pepper**.

TIP: For a richer flavor, add a pat of butter to the potatoes.

7 Make the **gravy**: drain the **peas** but reserve **1 cup of chicken stock**. In the same pot, heat **2 Tablespoons butter** over medium-high heat. Once melted, whisk in **2 Tablespoons flour** and cook, whisking constantly, for 1 minute. Very slowly whisk **1 cup chicken stock** into the pot. Bring to a boil and whisk until thickened, about 1 minute. Season with **salt** and **pepper**.

8 Serve the **chicken fried steak** on a bed of **mashed potatoes** and **peas** with the **gravy** drizzled over top. Enjoy!

