



SHEET PAN MONTEREY JACK UN-FRIED CHICKEN

with Roasted Carrots, Potato Wedges & Sriracha Mayo

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



12 oz | 24 oz
Carrots



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



¼ Cup | ½ Cup
Monterey Jack
Cheese
Contains: Milk



1 TBSP | 2 TBSP
Ranch Spice



10 oz | 20 oz
Chicken Cutlets



4 TBSP | 8 TBSP
Mayonnaise
Contains: Eggs



1 tsp | 2 tsp
Sriracha



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.



6 oz | 12 oz
Asparagus

Calories: 770



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 820



HELLO


UN-FRIED CHICKEN

Perfectly juicy inside and crunchy outside—no frying needed!

AS YOU LIKE IT

When we say to add Sriracha “to taste” we mean it! Start by adding a drop to the mayo—then taste to see if you want more heat.

BUST OUT

- Peeler
- Paper towels
- 2 Small bowls
- Baking sheet (or 2 baking sheets) 
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk

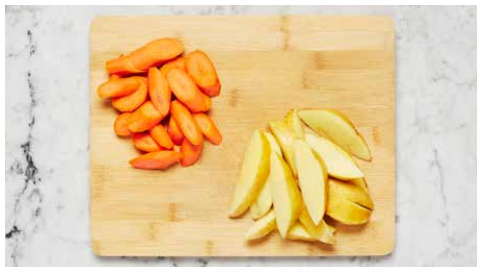
GET SOCIAL

Share your #HelloFreshPics with us @HelloFresh

(646) 846-3663


HelloFresh.com

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



1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **potatoes** into ½-inch-thick wedges. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces.

-  Trim and discard woody bottom ends from **asparagus**. (**Save carrots for another use.**) Adjust rack to top and middle positions.



4 COAT CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels; season all over with **salt** and **pepper**. Place on a plate.
- Spread tops of chicken with **1 tsp mayonnaise** each (**you'll use the rest later**). Mound with **panko mixture**, pressing firmly to adhere (**no need to coat the undersides**).




2 MIX PANKO

- Place **1 TBSP butter** (2 TBSP for 4 servings) in a small microwave-safe bowl; microwave until melted, 30 seconds.
- Stir in **panko**, **Monterey Jack**, **half the Ranch Spice** (**you'll use the rest in the next step**), **salt**, and **pepper**.




5 ROAST CHICKEN

- Once **veggies** have roasted 5 minutes, push to one side of sheet. Carefully place **chicken**, coated sides up, on empty side. (**For 4 servings, leave potatoes on top rack. Push carrots to one side of second sheet and carefully place chicken, coated sides up, on empty side. Roast on middle rack.**)
- Roast on top rack until veggies are golden brown and tender and chicken is cooked through, 15-20 minutes more.

-  Once **potatoes** have roasted 5 minutes, carefully place **chicken**, coated sides up, on empty side of sheet. Roast chicken and potatoes on top rack as instructed. Roast **seasoned asparagus** on middle rack until tender and lightly browned, 10-12 minutes.



3 PREP & ROAST VEGGIES

- Toss **potatoes** on one side of a baking sheet with a **large drizzle of oil**, **remaining Ranch Spice**, **salt**, and **pepper**.
- Toss **carrots** on empty side of sheet with a **drizzle of oil**, **salt**, and **pepper**. (**For 4 servings, divide between 2 sheets; roast potatoes on top rack and carrots on middle rack.**)
- Roast veggies on top rack for 5 minutes (**you'll add more to the sheet then**).
-  Roast **potatoes** for 5 minutes as instructed. On a second baking sheet, toss **asparagus** with a **drizzle of oil**, **salt**, and **pepper** (**you'll roast in Step 5**).



6 FINISH & SERVE

- In a second small bowl, combine **remaining mayonnaise** with **Sriracha** to taste.
- Divide **chicken**, **potato wedges**, and **carrots** between plates. Serve with **Sriracha mayo** on the side for dipping.