



# CRISPY KICKIN' CAYENNE CHICKEN CUTLETS

with Mashed Potatoes, Carrots & a Honey Drizzle

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



2 | 4  
Scallions



3 TBSP | 6 TBSP  
Sour Cream  
Contains: Milk



¼ oz | ½ oz  
Frank's Seasoning Blend



¼ Cup | ½ Cup  
Panko Breadcrumbs  
Contains: Wheat



¼ Cup | ½ Cup  
Monterey Jack Cheese  
Contains: Milk



10 oz | 20 oz  
Chicken Cutlets



12 oz | 24 oz  
Potatoes\*



2 tsp | 4 tsp  
Honey



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

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



8 oz | 16 oz  
Broccoli  
Calories: 740



6 oz | 12 oz  
Asparagus  
Calories: 710



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 760



# HELLO FRESH

## HELLO

### HONEY

A drizzle of this condiment adds sweet contrast to spicy chicken.

### BEST SPUDS

Our trick for the smoothest-ever mashed potatoes? Always save some potato cooking liquid, and add a few splashes when mashing.

### BUST OUT

- Peeler
  - Small bowl
  - Medium bowl
  - Medium pot
  - Strainer
  - Potato masher
  - Baking sheet
  - Paper towels
  - Large bowl
  - Kosher salt
  - Black pepper
  - Cooking oil (3 tsp | 4 tsp)
  - Butter (3 TBSP | 5 TBSP)
- Contains: Milk

### MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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



### 1 PREP & MAKE SAUCE

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens.
- In a small bowl, combine **half the sour cream**, **½ tsp Frank's Seasoning Blend (1 tsp for 4)**, and a **big pinch of salt**. (Be sure to **measure the Frank's Seasoning—you'll use the rest in Step 2.**) Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.

- 🔄 Cut **broccoli** into bite-size pieces if necessary or trim and discard woody bottom ends from **asparagus**. (Save **carrots for another use.**)



### 4 ROAST CARROTS

- While potatoes cook, **lightly oil** a baking sheet.
- Toss **carrots** on one side of sheet with a **drizzle of oil**, **salt**, and **pepper** (for 4 servings, **spread out across entire sheet**). Roast on top rack for 5 minutes (**you'll add the chicken to the baking sheet then**).
- 🔄 Swap in **broccoli** for carrots. Roast as instructed.
- 🔄 Swap in **asparagus** for carrots. (**You'll roast in the next step.**)



### 2 MIX PANKO

- Place **1 TBSP butter (2 TBSP for 4 servings)** in a medium microwave-safe bowl; microwave until melted, 30-45 seconds.
- Stir in **panko**, **Monterey Jack**, **remaining Frank's Seasoning Blend**, and a **big pinch of salt and pepper**.



### 5 COAT & ROAST CHICKEN

- Meanwhile, pat **chicken\*** dry with paper towels and season with **salt** and **pepper**. Mound tops of chicken with **panko mixture**, pressing firmly to adhere.
- Once **carrots** have roasted 5 minutes, remove sheet from oven. Carefully place chicken, coated sides up, on empty side. (**For 4 servings, leave carrots roasting; roast chicken on a second oiled sheet on middle rack.**)
- Roast on top rack until chicken is golden brown and cooked through and carrots are tender, 15-18 minutes.
- 🔄 Roast **broccoli** as instructed.
- 🔄 Place **coated chicken** on opposite side of sheet from **asparagus**. Roast until asparagus is tender, 10-12 minutes. Carefully remove asparagus from sheet and continue to roast chicken until cooked through, 5 minutes more.



### 3 MAKE MASHED POTATOES

- Dice **potatoes** into ½-inch pieces. Place in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil; cook until tender, 15-20 minutes. Reserve **½ cup potato cooking liquid**, then drain.
- Heat a **drizzle of oil** and **scallion whites** in empty pot over low heat; cook until softened, 1 minute. Return potatoes to pot; mash with **remaining sour cream** and **1 TBSP butter (2 TBSP for 4 servings)** until smooth and creamy, adding splashes of reserved potato cooking liquid as needed. Season with **salt** and **pepper**. Keep covered off heat until ready to serve.



### 6 FINISH & SERVE

- Carefully transfer roasted **carrots** to a large bowl; add **1 TBSP butter** and toss until melted.
- Divide carrots, **mashed potatoes**, and **chicken** between plates. Drizzle chicken with **creamy Buffalo sauce** and **honey** (or **serve on the side for dipping**). Garnish potatoes and chicken with **scallion greens** and serve.
- 🔄 Toss **broccoli** or **asparagus** with **butter** as instructed.

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