



# GARLICKY FRIED CHICKEN SANDWICHES

with Honey Mustard Mayo & Roasted Carrots

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



2 | 4  
Potato Buns  
Contains: Soy, Wheat



½ Cup | 1 Cup  
Panko  
Breadcrumbs  
Contains: Wheat



1 tsp | 2 tsp  
Garlic Powder



10 oz | 20 oz  
Chicken Cutlets



1½ TBSP | 3 TBSP  
Sour Cream  
Contains: Milk



2 TBSP | 4 TBSP  
Mayonnaise  
Contains: Eggs



1.5 oz | 3 oz  
Honey Dijon  
Dressing  
Contains: Eggs



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!



## 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: 810



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 860



HELLO

### PANKO BREADCRUMBS

These flaky Japanese-style breadcrumbs give chicken an irresistibly light and airy crunch.

### GOOD CLUCK

For extra-crispy chicken, work in batches as you fry, spacing the pieces apart in a single layer and adding more oil between batches as necessary. If frying in batches, be sure to give the fresh oil enough time to heat up before adding more chicken.

### BUST OUT

- Peeler
- Mallet
- Baking sheet
- Large pan
- Paper towels
- Small bowl
- Plastic wrap
- Whisk
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 2 tsp)
- Cooking oil (for frying)

### 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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### 1 PREP

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** into sticks (like fries; ours were 3 inches long and 1/2 inch thick). Halve **buns**.
- In a shallow dish, combine **panko, garlic powder, salt** (we used 1 tsp; 2 tsp for 4 servings), and **pepper**.

🔄 Trim and discard woody bottom ends from **asparagus**. (Save carrots for another use.)



### 4 FRY CHICKEN

- Heat a 1/2-inch layer of oil in a large, heavy-bottomed pan over medium-high heat. Once oil is hot enough that a pinch of **panko mixture** sizzles when added to the pan, add coated **chicken**. Cook until crust is golden brown and chicken is cooked through, 3-5 minutes per side. (TIP: Fry in batches if necessary; lower heat if chicken begins to brown too quickly.) Transfer to a paper-towel-lined plate.
- **AIR FRYER ALTERNATIVE:** Coat an air fryer basket with **cooking spray**; arrange **coated chicken** side by side in basket. Coat tops of chicken with **cooking spray**. Air fry at 390 degrees for 6 minutes. Flip chicken and coat again with **cooking spray**; air fry until cooked through and crispy, 6 minutes more.



### 2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of olive oil**. Season generously with **salt** and **pepper**.
- Roast on top rack until lightly browned and tender, 15-20 minutes.

🔄 Swap in **asparagus** for carrots. Roast for 10-12 minutes.



### 5 MIX MAYO & TOAST BUNS

- In a small bowl, whisk together **mayonnaise, honey Dijon dressing,** and **hot sauce** to taste (we used the whole packet). Season with **salt** and **pepper**.
- Toast **buns** until golden brown.



### 3 COAT CHICKEN

- Pat **chicken\*** dry with paper towels; place between two large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about 1/2 inch thick. Season all over with **salt** and **pepper**.
- Brush chicken all over with **sour cream**. Working one piece at a time, press chicken into **panko mixture** until fully coated on both sides.



### 6 FINISH & SERVE

- Spread **top buns** with as much **honey mustard mayo** as you like. Fill buns with **chicken**.
- Divide **sandwiches** and **carrots** between plates. Serve with any remaining honey mustard mayo on the side for dipping.

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