

INGREDIENTS

2 PERSON | 4 PERSON



Carrots



Potato Buns Contains: Soy, Wheat



1/2 Cup | 1 Cup Panko Breadcrumbs Contains: Wheat



1 tsp | 2 tsp Garlic Powder



10 oz | 20 oz Chicken Cutlets



11/2 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? 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.







GARLICKY FRIED CHICKEN SANDWICHES

with Honey Mustard Mayo & Roasted Carrots





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
- · Baking sheet Large pan
- Paper towels
- Small bowl
- Plastic wrap
- Whisk

Mallet

- 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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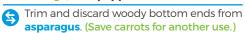
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1 PREP

- 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 1/3 inch thick) Halve buns
- In a shallow dish, combine panko, garlic powder, salt (we used 1 tsp; 2 tsp for 4 servings), and pepper.





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.



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 ½ 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.



4 FRY CHICKEN

- Heat a 1/3-inch layer of oil in a large, heavybottomed 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.



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.



- Spread top buns with as much honey mustard mavo 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.