



# GRAVY BOAT CHICKEN SANDOS

with Cranberry Spread & Spicy Brown Sugar Carrots

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Carrots



2 | 4  
Scallions



1 TBSP | 2 TBSP  
Brown Sugar



1 tsp | 2 tsp  
Chili Flakes



10 oz | 20 oz  
Chicken Cutlets



1 | 2  
Cranberry Jam



1 oz | 2 oz  
Mirepoix Paste



1 TBSP | 2 TBSP  
Flour  
Contains: Wheat



1 | 2  
Chicken Stock  
Concentrate



2 | 4  
Potato Buns  
Contains: Soy, Wheat



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



## HelloCustom

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



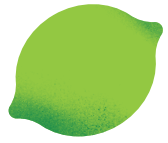
6 oz | 12 oz  
Green Beans  
Calories: 600



6 oz | 12 oz  
Asparagus  
Calories: 590



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 650



# HELLO FRESH

## HELLO

### GRAVY

You'll start the gravy by making a *roux*, a mixture of cooked flour and butter, then you'll whisk in savory stock.

### HERE'S THE SKINNY

Pounding the chicken in Step 3 ensures quicker, more even cooking. Plus, thinner cutlets make these sandos easier to enjoy.

### BUST OUT

- Peeler
- Baking sheet
- Paper towels
- Plastic wrap
- Mallet
- Large pan
- Aluminum foil
- Small bowl
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 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

- Adjust rack to top position 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 slice **scallions** into 1-inch pieces.
- 🍴 Trim **green beans** if necessary or trim and discard woody bottom ends from **asparagus**. (Save carrots for another use.)



### 4 MIX CRANBERRY SPREAD

- While chicken cooks, in a small bowl, combine **cranberry jam** and **mirepoix paste**.



### 2 ROAST VEGGIES

- Toss **carrots** and **scallions** on a baking sheet with a **large drizzle of oil** and **brown sugar**. Season with **salt, pepper**, and as many **chili flakes** as you like (we used ¼ tsp; ½ tsp for 4 servings).
- Roast on top rack until tender, 20-25 minutes.
- 🍴 Swap in **green beans** or **asparagus** for carrots; roast 12-15 minutes for green beans or 10-12 minutes for asparagus.



### 5 MAKE GRAVY & TOAST BUNS

- Melt **1 TBSP butter** (2 TBSP for 4 servings) in pan used for chicken over low heat.
- Sprinkle **flour** over melted butter; whisk to combine. Cook, whisking occasionally, until flour is lightly browned, 2-3 minutes.
- Stir in ½ cup **water** (1 cup for 4) and **stock concentrate**. Bring to a simmer and cook, stirring occasionally, until thickened and saucy, 2-4 minutes. (TIP: If gravy seems too thick, stir in more water a splash at a time.) Taste and season with **pepper**.
- While gravy cooks, halve and toast **buns**.



### 3 PREP & COOK CHICKEN

- Meanwhile, 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**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a plate and tent with foil to keep warm.
- Carefully wipe out any burned bits from pan if necessary (it's OK to leave lightly browned bits in the pan—they'll give flavor to the gravy you'll make in Step 5!).



### 6 FINISH & SERVE

- Evenly spread **bottom buns** with **cranberry spread**. Top with **chicken** and a **thin layer of gravy**. Close **sandwiches**.
- Divide sandwiches and **spicy brown sugar carrots** between plates. Serve with **remaining gravy** on the side for dipping.