



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.

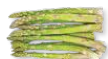


HelloCustom

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



8 oz | 16 oz
Broccoli
Calories: 800



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

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 (**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.
-  Cut **broccoli** into bite-size pieces if necessary or trim and discard woody bottom ends from **asparagus**. (**Save carrots for another use.**) Adjust racks 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 lightly browned and tender and chicken is cooked through, 15-20 minutes more.

-  Once **potatoes** have roasted 5 minutes, carefully place **chicken**, coated sides up, on opposite side of sheet. Roast as instructed. Roast **seasoned broccoli** or **seasoned asparagus** on middle rack until tender, 15-20 minutes for broccoli or 10-12 minutes for asparagus.



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  **broccoli** or **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.

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