



SMOKY MUSTARD CHICKEN CRUNCH SANDOS

with Creamy Slaw & Roasted Carrots

INGREDIENTS

2 PERSON | 4 PERSON



9 oz | 18 oz
Carrots



1 | 2
Lemon



½ Cup | 1 Cup
Panko
Breadcrumbs
Contains: Wheat



10 oz | 20 oz
Chicken Cutlets



1 TBSP | 2 TBSP
Fry Seasoning



1 oz | 2 oz
Smoky Mustard



4 oz | 8 oz
Coleslaw Mix



2 TBSP | 4 TBSP
Mayonnaise
Contains: Eggs



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!



HELLO

SMOKY MUSTARD

Smoked paprika and a dash of Worcestershire
add depth to this tangy-savory condiment.

PREP: 5 MIN | COOK: 40 MIN | CALORIES: 780



HERE'S THE SKINNY

Pounding the chicken in Step 3 ensures quicker, more even cooking. Plus, a thinner cutlet makes this sandwich easier to bite into!

BUST OUT

- Peeler
- Mallet
- Baking sheet
- Large pan
- Paper towels
- Large bowl
- Plastic wrap
- Kosher salt
- Black pepper
- Cooking oil
(2 tsp + more for frying)
- Sugar (¼ tsp | ½ tsp)

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** on a diagonal into ½-inch-thick pieces. Quarter **lemon**.
- In a shallow dish, combine **panko** with a **pinch of salt and pepper**.



2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **large drizzle of oil, salt, and pepper**. Roast on top rack until browned and tender, 25-30 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 about ½ inch thick. Season all over with **Fry Seasoning, salt, and pepper**.
- Brush chicken all over with **mustard**. Working one piece at a time, press chicken into **seasoned panko** until fully coated on both sides.



4 COOK CHICKEN

- Heat a ¼-inch layer of **oil** in a large, heavy-bottomed pan over medium-high heat.
- Once oil is hot enough that a **pinch of panko** sizzles when added to the pan, add **coated chicken** in a single layer. Cook until panko is golden and chicken is cooked through, 3-5 minutes per side (**you may need to work in batches for 4 servings**). **TIP: Reduce heat if chicken begins to brown too quickly.**
- Transfer to a paper-towel-lined plate.



5 MAKE SLAW

- In a large bowl, combine **coleslaw mix, mayonnaise, ¼ tsp sugar (½ tsp for 4 servings), juice from half the lemon, salt, and pepper**.



6 FINISH & SERVE

- Halve and toast **buns**.
- Fill buns with **chicken** and **slaw**.
- Divide **sandos** between plates. Serve with **roasted carrots** and **remaining lemon wedges** on the side.

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