



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: 770



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 820



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.)



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 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.



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.



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.



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°.