



# CRISPY CHICKEN TENDER BAR

with sides & toppings for everyone to build their perfect plate

## INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz  
Potatoes\*



1 | 2  
Shallot



1 tsp | 2 tsp  
Garlic Powder



5 tsp | 10 tsp  
Red Wine Vinegar



½ Cup | 1 Cup  
Flour  
Contains: Wheat



4½ TBSP | 9 TBSP  
Sour Cream  
Contains: Milk



1 Cup | 2 Cups  
Panko  
Breadcrumbs  
Contains: Wheat



10 oz | 20 oz  
Chicken Cutlets



2 oz | 4 oz  
Arugula



1 | 2  
Ketchup



½ oz | 1 oz  
Sliced Almonds  
Contains: Tree Nuts



1 oz | 2 oz  
Dried Apricots



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP  
OR GIVE US A CALL AT (646) 846-3663.

\*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: 1220



6 | 12  
Flour Tortillas  
Contains: Soy, Wheat

Calories: 1250



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 1030



## BUST OUT

- Baking sheet (or 2 baking sheets)
  - Small bowl
  - Plastic wrap
  - 3 Medium bowls
  - Whisk
  - Paper towels
  - Large pan
  - Large bowl
- Kosher salt
- Black pepper
- Cooking oil (**2 tsp + more for frying**)  
(**1 tsp | 1 tsp**)
- Sugar (**½ TBSP | 1 TBSP**)
- Olive oil (**1 TBSP | 2 TBSP**)

## 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.*



### 1 PREP & ROAST POTATOES

- Adjust rack to top position and preheat oven to 425 degrees. **Wash and dry produce.**
- Cut **potatoes** into ½-inch-thick wedges. Halve, peel, and thinly slice **shallot**.
- Toss potatoes on a baking sheet with a **large drizzle of oil, half the garlic powder, salt, and pepper.** Roast on top rack for 20-25 minutes.

- Adjust racks to top and middle positions. Cut **broccoli** into bite-size pieces if necessary. Toss on a separate baking sheet with a **drizzle of oil, salt, and pepper.** Roast on middle rack until browned and tender, 15-20 minutes.



### 2 PICKLE SHALLOT

- While potatoes roast, in a small microwave-safe bowl, combine **shallot, half the vinegar, 1 tsp sugar, 1 tsp water, salt, and pepper (2 tsp sugar and 2 tsp water for 4 servings).**
- Cover tightly with plastic wrap and microwave for 1 minute. Set aside to pickle, stirring occasionally. **TIP: If you added any other items to your meal (apps, sides, and/or dessert), you can get started on them now!**



### 3 ASSEMBLE COATINGS

- Place **flour** in a medium bowl and season with **salt and pepper.**
- In a separate medium bowl, whisk together **sour cream** and **2½ TBSP water (5 TBSP for 4 servings).**
- Place **panko** in a third medium bowl.



### 4 COAT CHICKEN

- Pat **chicken\*** dry with paper towels; cut chicken lengthwise into 1-inch-thick strips (**we ended up with 3-4 strips per cutlet**). Season all over with **remaining garlic powder, salt, and pepper.**
- Working one piece at a time, coat **chicken strips** in **flour mixture.** Gently shake off excess, then dip into **sour cream mixture** until fully coated. Let excess drip off, then press chicken strips into **panko** until fully coated. **TIP: For less mess, use tongs to dip and transfer.**



### 5 FRY CHICKEN

- Heat a **½-inch layer of oil** in a large pan over medium-high heat. Once oil is hot enough that a **pinch of flour** sizzles when added to the pan, add **coated chicken** in an even layer (**for 4 servings you may need to work in batches**). Cook until golden brown and cooked through, 3-5 minutes per side. **TIP: Lower heat if chicken begins to brown too quickly.**
- Transfer chicken to a paper-towel-lined plate and season with **salt** immediately.



### 6 DRESS ARUGULA

- In a large bowl, whisk together **remaining vinegar, 1 TBSP olive oil, ½ tsp sugar, and a pinch of salt and pepper (2 TBSP olive oil and 1 tsp sugar for 4 servings).** Add **arugula;** toss to combine.
- Wrap **tortillas** in damp paper towels. Microwave until warmed through and pliable, 30-60 seconds.



### 7 SERVE

- Serve **chicken tenders, potato wedges, and ketchup** family style.
- Serve **arugula, pickled shallot (draining first), almonds, and dried apricots** family style and let everyone build their own salad alongside.
- Serve **broccoli** alongside **chicken tender bar.**
- Serve **tortillas** alongside **chicken tender bar** to make wraps.