



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



1/2 Cup | 1 Cup
Flour
Contains: Wheat



4 1/2 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



1/2 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: 1100



6 | 12
Flour Tortillas
Contains: Soy, Wheat

Calories: 1260



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 1040



BUST OUT

- Baking sheet (or 2 baking sheets) ⚡
- Paper towels
- Small bowl
- Plastic wrap
- 3 Medium bowls
- Whisk
- 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.