



CRISPY KICKIN' CAYENNE CHICKEN CUTLETS

with Frank's RedHot® Original Seasoning Blend, Mashed Potatoes, Carrots & a Honey Drizzle

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Carrots



2 | 4
Scallions



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



¼ oz | ½ oz
Frank's RedHot®
Original Seasoning
Blend



¼ Cup | ½ Cup
Panko
Breadcrumbs
Contains: Wheat



¼ Cup | ½ Cup
Monterey Jack
Cheese
Contains: Milk



12 oz | 24 oz
Yukon Gold
Potatoes*



10 oz | 20 oz
Chicken Cutlets**



2 tsp | 4 tsp
Honey

* The ingredient you received may be a different color.

** In our ongoing effort toward sustainability, we're working on reducing plastic in your order! You may have received 4 servings of protein in one package—rest assured it contains the correct amount.

HELLO

HONEY

A drizzle of this delicious condiment adds a sweet contrast to savory, spice-crust chicken.



PREP: 5 MIN | COOK: 30 MIN | CALORIES: 770



FRANK'S REDHOT® ORIGINAL SEASONING BLEND

Shake on the perfect blend of flavor and heat with Frank's RedHot® Original Seasoning Blend. Now you can sprinkle it on everything from burgers and veggies to pizza and fries.



BEST SPUDS

Our trick for the creamiest-ever mashed potatoes? Always save a scoop of potato cooking liquid before draining. Adding a few splashes of that starchy liquid while mashing helps your potatoes reach a dreamy consistency.

BUST OUT

- Peeler
- Small bowl
- Medium bowl
- Medium pot
- Strainer
- Potato masher
- Baking sheet
- Paper towels
- Large bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (3 TBSP | 5 TBSP)
Contains: Milk

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1 PREP & MAKE SAUCE

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and thinly slice **scallions**, separating whites from greens.
- In a small bowl, combine **half the sour cream (you'll use the rest later)**, **½ tsp Frank's RedHot® Original Seasoning Blend (1 tsp for 4)**, and a **big pinch of salt.** (Be sure to measure the Frank's Seasoning—you'll use the rest in the next step.) Stir in **water** 1 tsp at a time until mixture reaches a drizzling consistency.



4 ROAST CARROTS

- While potatoes cook, **lightly oil** a baking sheet.
- Toss **carrots** on one side of prepared sheet with a **drizzle of oil, salt, and pepper (for 4 servings, spread out across entire sheet).** Roast on top rack for 5 minutes (you'll add the chicken to the baking sheet then).



2 MIX PANKO

- Place **1 TBSP butter (2 TBSP for 4 servings)** in a medium microwave-safe bowl; microwave until melted, 30-45 seconds.
- Stir in **panko, Monterey Jack, remaining Frank's RedHot® Original Seasoning Blend,** and a **big pinch of salt and pepper.**



5 COAT & BAKE CHICKEN

- Meanwhile, pat **chicken*** dry with paper towels and season all over with **salt and pepper.** Place on a plate. Mound tops of chicken with **panko mixture,** pressing firmly to adhere (no need to coat the undersides).
- Once carrots have roasted 5 minutes, remove sheet from oven. Carefully place chicken, coated sides up, on empty side. (For 4 servings, leave carrots roasting; add chicken to a second lightly oiled sheet and roast on middle rack.)
- Roast on top rack until chicken is golden brown and cooked through and carrots are browned and tender, 15-18 minutes.



3 MAKE MASHED POTATOES

- Dice **potatoes** into ½-inch pieces. Place in a medium pot with enough **salted water to cover by 2 inches.** Bring to a boil; cook until tender, 15-20 minutes. Reserve **½ cup potato cooking liquid,** then drain.
- Heat a **drizzle of oil** and **scallion whites** in empty pot over low heat; cook until softened, 1 minute. Return potatoes to pot; mash with **remaining sour cream** and **1 TBSP butter (2 TBSP for 4 servings)** until smooth and creamy, adding splashes of reserved potato cooking liquid as needed. Season with **salt and pepper.** Keep covered off heat until ready to serve.



6 FINISH & SERVE

- Carefully transfer roasted **carrots** to a large bowl; add **1 TBSP butter** and toss until melted.
- Divide carrots, **mashed potatoes,** and **chicken** between plates. Drizzle chicken with **creamy buffalo sauce** and **honey (or serve on the side for dipping).** Garnish potatoes and chicken with **scallion greens** and serve.

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