



CRISPY PAN-FRIED CHICKEN

with Roasted Potatoes and Creamy Mixed Greens



HELLO
PAN-FRIED CHICKEN
A layer of panko breadcrumbs gives chicken breasts a glorious golden coating.

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 530



Yukon Gold Potatoes



Lemons



Garlic Powder



Chicken Breasts



Roma Tomatoes



Panko Breadcrumbs
(Contains: Wheat)



Sour Cream
(Contains: Milk)



Spring Mix Lettuce

START STRONG

Gather the whole gang for some dippin' and boppin': with an adult's supervision, kids can help with coating and pounding the chicken.

BUST OUT

- Baking sheet
- Zester
- Shallow dish
- Medium bowl
- Plastic wrap
- Oil (4 tsp)
- Olive oil (2 tsp)
- Large pan
- Small bowl
- Large bowl

INGREDIENTS

Ingredient 4-person

- Yukon Gold Potatoes 24 oz
- Roma Tomatoes 2
- Lemons 2
- Panko Breadcrumbs 1 Cup
- Garlic Powder 2 tsp
- Sour Cream 6 TBSP
- Chicken Breasts 24 oz
- Spring Mix Lettuce 4 oz

HELLO WINE



PAIR WITH

Trilus California Chardonnay, 2015

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1 ROAST POTATOES

Wash and dry all produce. Preheat oven to 400 degrees. Cut **potatoes** into ½-inch-thick wedges. Toss on a baking sheet with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Roast in oven until browned and crisp, 25-30 minutes, tossing halfway through.



4 COOK CHICKEN

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **chicken** and cook until meat is no longer pink in center and crust is golden brown, 3-4 minutes per side. **TIP:** Work in batches to avoid crowding the pan—you can place the chicken in the oven for a minute or two if it needs to reheat.



2 PREP

Core and dice **tomatoes**. Zest **lemons** until you have 1 tsp zest, then cut into halves. Place **panko** in a shallow dish or plate. Season with **salt** and **pepper**. In a medium bowl, combine lemon zest, **garlic powder**, **4 TBSP sour cream** (2 packs), and a pinch of salt and pepper.



5 MAKE DRESSING

In a small bowl, whisk together remaining **sour cream**, a big squeeze of **lemon**, and a large drizzle of **olive oil**. Season with **salt** and **pepper**.



3 COAT CHICKEN

Place a **chicken breast** between two pieces of plastic wrap. Pound with a rolling pin, mallet, or heavy-bottomed pan until ½-inch thick. Season with **salt** and **pepper**. Repeat with remaining chicken, then toss all pieces in **sour cream mixture** to coat. Dip each piece into **panko mixture**, coating all over and pressing to adhere.



6 TOSS SALAD AND PLATE

Toss **lettuce** and **tomatoes** in a large bowl with as much **dressing** as you like. Divide between plates along with **chicken** and **potatoes** and serve.

FRESH TALK

What are your favorite and least favorite vegetables?

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