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## CRISPY CHEDDAR & BLUE CHEESE CHICKEN

with Garlic Mashed Potatoes & Roasted Carrots

### WHAT WE SEND

\* Keep refrigerated

(2 servings | 4 servings)

CALORIES **910**

PREP IN **10 MIN**

READY IN **40 MIN**

\* Times may vary based on CustomPlate choices.



**Carrots\***  
(12 oz | 24 oz)



**Potatoes\***  
(12 oz | 24 oz)



**Garlic**  
(2 Cloves | 4 Cloves)



**Shredded Cheddar\***  
(1 | 2)  
Contains: Milk



**Panko Breadcrumbs**  
(1 | 1)  
Contains: Wheat



**Chicken Breasts\***  
(10 oz | 20 oz)



**Blue Cheese Dressing**  
(1 | 2)  
Contains: Eggs, Milk

(1 | 2)  
Contains: Milk



If you chose to modify your meal, follow the **CustomPlate** instructions on the flip side of this card.



**Green Beans\***  
(1 | 2)  
Calories: 860

You may receive potatoes that are a different color. No matter the hue, they will be just as delicious!

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### WHAT YOU'LL NEED

**Kosher Salt**  
**Black Pepper**

**Butter**  
(5 TBSP | 10 TBSP)  
Contains: Milk

**Milk**  
(2 TBSP | 4 TBSP)  
Contains: Milk

**Cooking Oil**  
(1 tsp | 2 tsp)

**Hot Sauce**  
(Optional)



1.



Adjust rack to middle 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. Dice **potatoes** into ½-inch pieces. Peel and finely chop **garlic**.

↔ Trim **green beans** if necessary.

2.



In a large bowl, toss **carrots** with a **drizzle of oil**, **salt**, and **pepper**. Spread across one side of a baking sheet and roast on middle rack for 5 minutes (**you'll add the chicken then; for easy cleanup, line baking sheet with aluminum foil first**). (**For 4 servings, spread carrots out across entire sheet and roast on top rack.**)

↔ Swap in **green beans** for carrots; toss in bowl as instructed (**you'll roast in Step 5**).

3.



Meanwhile, place **potatoes** in a small pot with **enough salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15 minutes. Drain potatoes and set aside. Add **3 TBSP butter** (**6 TBSP for 4 servings**) and **garlic** to pot used for potatoes. Cook, stirring, until fragrant, 30 seconds; turn off heat. Return potatoes to pot; add **2 TBSP milk** (**4 TBSP for 4**) and mash until smooth and creamy (**add more milk if you prefer creamier mashed potatoes**).

4.



In a small microwave-safe bowl, microwave **2 TBSP butter** (**4 TBSP for 4 servings**) until melted, about 30 seconds. Add **cheese**, **half the panko** (**all for 4**), and a **pinch of salt and pepper**; stir to combine. Pat **chicken** dry with paper towels; season all over with **salt and pepper**. Spread top of each chicken breast with **1 tsp dressing** (**save the rest for serving**), then mound with **cheesy panko mixture**, pressing to adhere (**no need to coat the undersides**).

5.



Once carrots have roasted 5 minutes, remove sheet from oven and carefully add **coated chicken** to empty side. (**For 4 servings, leave carrots roasting and add chicken to a separate sheet; roast on middle rack.**) Roast until chicken is browned and cooked through and carrots are browned and tender, 15–20 minutes.

↔ Place **coated chicken** (without green beans) on one side of a baking sheet. Roast for 5 minutes, then carefully add **seasoned green beans** to empty side of sheet. Roast until chicken is cooked through and green beans are browned and tender, 12–15 minutes more.

6.



Divide **chicken**, **carrots**, and **mashed potatoes** between plates. Drizzle chicken with **remaining dressing**. If you've got some on hand, drizzle chicken with **hot sauce** from your pantry if desired.

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