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CRISPY BUFFALO RANCH CHICKEN

with Honey Roasted Carrots & Garlic Mashed Potatoes

WHAT WE SEND (2 servings | 4 servings)

* Keep refrigerated



Yukon Gold Potatoes*

(5 | 10)



Carrots*

(12 oz | 24 oz)



Garlic

(2 Cloves | 4 Cloves)



Sour Cream*

(1 | 2)

Contains: Milk



Panko Breadcrumbs

(1 | 1)

Contains: Wheat



Frank's Seasoning Blend

(1 | 2)



Chicken Breasts*

(1 | 2)



Buttermilk Ranch Dressing*

(1 | 2)

Contains: Eggs, Milk



Honey

(1 | 2)

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

WHAT YOU'LL NEED

**Kosher Salt
Black Pepper**

Vegetable Oil
(1 tsp | 1 tsp)

Butter

(2 TBSP | 4 TBSP)
Contains: Milk

CUSTOMPLATE

Swap out your sides with CustomPlate! See the back for details on how to cook your new sides.



CHEF'S TIP

Want to really go the extra mile with your mashed potatoes? Peel, then rinse the potatoes before dicing in step 1. This removes excess starch from the spuds, making the end result extra fluffy and silky! (A splash of milk or heavy cream while mashing never hurt either.)

HAVE A CUSTOMPLATE?

Did you substitute asparagus for carrots? In step 1, trim and discard woody bottom ends from asparagus. Skip step 2. In step 5, toss asparagus on one side of a baking sheet with a drizzle of oil, salt, and pepper; add coated chicken to empty side. Roast on middle rack until tender, 12–15 minutes (check on asparagus after 12 minutes). Skip tossing with honey in step 6.

1.



Preheat oven to 425 degrees. **Wash and dry all produce.** Dice **potatoes** into ½-inch pieces. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Peel **garlic**.

2.



Toss **carrots** on one side of a baking sheet with a **drizzle of oil**; season with **salt and pepper**. (For 4 servings, spread carrots out across entire sheet.) Roast for 10 minutes (you'll add the chicken then).

3.



Meanwhile, place **potatoes** and **garlic cloves** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until very tender, 12–15 minutes. Reserve ½ cup potato cooking liquid, then drain and return potatoes and garlic to pot. Mash with **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 generously with **salt and pepper**. Keep covered off heat until ready to serve.

4.



While potatoes cook, add 1 TBSP **butter** (2 TBSP for 4 servings) to a small microwave-safe bowl. Microwave until melted, 30 seconds. Stir in **half the panko** (all for 4), **Frank's Seasoning**, **salt**, and **pepper**. Pat **chicken** dry with paper towels and season all over with **salt and pepper**. Evenly spread tops of each chicken breast with 1 tsp **Buttermilk Ranch Dressing** (save the rest for serving). Mound with **panko mixture**, pressing to adhere (no need to coat the undersides).

5.



Once **carrots** have roasted 10 minutes, carefully add **coated chicken** to empty side of same sheet. (For 4 servings, leave carrots roasting and add chicken to a second sheet.) Roast until chicken is browned and cooked through and carrots are browned and tender, 12–15 minutes more.

6.



Drizzle **roasted carrots** with **honey**; toss on sheet to coat (tongs are the best tool for this job!). Divide **honey roasted carrots**, **chicken**, and **mashed potatoes** between plates. Drizzle chicken with **remaining Buttermilk Ranch Dressing**.

Chicken is fully cooked when internal temperature reaches 165 degrees.

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