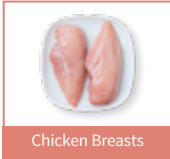




Buffalo Chicken Sandwiches

with DIY Ranch, Crunchy Slaw and Sweet Potato Fries

Spicy 30 Minutes



Chicken Breasts



Chicken Thighs



Hot Sauce



All-Purpose Flour



Sweet Potato



Chicken Salt



Mayonnaise



Green Cabbage, shredded



Dill-Garlic Spice Blend



Artisan Bun



White Wine Vinegar

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set. Happy cooking!

HELLO HOT SAUCE
This low calorie condiment is the perfect way to kick your meal up a notch!

Start here

- Before starting, preheat the oven to 450°F.
- Remove 1 tbsp (2 tbsp) butter from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

Bust out

2 Baking sheets, 2 medium bowls, measuring spoons, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
All-Purpose Flour	4 tbsp	8 tbsp
Hot Sauce 🍷	2 tbsp	4 tbsp
Chicken Salt	1 tbsp	2 tbsp
Sweet Potato	340 g	680 g
Green Cabbage, shredded	113 g	226 g
Mayonnaise	4 tbsp	8 tbsp
Artisan Bun	2	4
Dill-Garlic Spice Blend	1 tsp	2 tsp
White Wine Vinegar	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



Roast sweet potato fries

- Cut **sweet potatoes** into ½-inch wedges.
- Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Season with **chicken salt** and **pepper**, then toss coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)

4



Toast buns

- When **sweet potato fries** are almost done, halve **buns**, then arrange on the baking sheet with **sweet potato fries**, cut-side up.
- Toast in the **middle** of the oven until golden-brown, 3-4 min. (**TIP:** Keep an eye on buns so they don't burn!)

2



Cook chicken

- Meanwhile, add **flour** and **1 tsp** (2 tsp) **salt** to a medium bowl. Season with **pepper**, then stir to combine.
- Pat **chicken** dry with paper towels, then add to **flour mixture**. Toss to coat.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **2 tbsp oil**, then **chicken**. Pan-fry until golden-brown, 2-3 min per side. (**NOTE:** Cook chicken in 2 batches for 4 ppl, using 2 tbsp oil per batch.)
- Transfer **chicken** to an unlined baking sheet. Roast in the **bottom** of the oven until cooked through, 8-10 min.**

If you've opted to get **chicken breasts**, carefully slice into the centre of **each chicken breast**, parallel to the cutting board, leaving ½ inch intact on the other end. Open up **chicken** like a book, then season and cook them in the same way the recipe instructs you to season and cook the **chicken thighs**.

5



Finish chicken

- Add **cooked chicken**, **1 tbsp** (2 tbsp) **butter** and **hot sauce** to another medium bowl.
- Season with **salt**, then gently toss to coat.

3



Make ranch and slaw

- Meanwhile, whisk together **mayo**, **vinegar**, **Dill-Garlic Spice Blend** and **1 tsp** (2 tsp) **sugar** in a small bowl. (**NOTE:** This is your ranch dressing.)
- Add **cabbage** and **2 tbsp** (4 tbsp) **ranch** to a large bowl. Season with **salt** and **pepper**, then toss to coat.

6



Finish and serve

- Spread **remaining ranch** on **buns**.
- Stack **some slaw** and **chicken** on **bottom buns**. Close with **top buns**.
- Divide **sandwiches**, **sweet potato fries** and **any remaining slaw** between plates.

Dinner Solved!