



# Panko-Crusted Chicken

with Spiced Fries and Gravy

35 Minutes



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Chicken Thighs



Chicken Breasts



Panko Breadcrumbs



Yellow Potato



Chicken Stock Powder



All-Purpose Flour



BBQ Seasoning



Red Cabbage, shredded



White Wine Vinegar



Mayonnaise



Carrot, julienned

### 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 BBQ SEASONING

*This spice is the perfect blend of sweet, savoury and smoky!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

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

## Bust out

2 Baking sheets, measuring spoons, shallow dish, large bowl, parchment paper, small pot, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Thighs ♦	280 g	560 g
Chicken Breasts ♦	2	4
Panko Breadcrumbs	½ cup	1 cup
Yellow Potato	350 g	700 g
Chicken Stock Powder	2	4
All-Purpose Flour	4 tbsp	8 tbsp
BBQ Seasoning	1 tbsp	2 tbsp
Red Cabbage, shredded	113 g	226 g
White Wine Vinegar	1 tbsp	2 tbsp
Mayonnaise	4 tbsp	8 tbsp
Carrot, julienned	56 g	113 g
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	¼ tsp	½ 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.*



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1



### Roast fries

- Halve **potatoes** lengthwise, then cut into ½-inch slices.
- Add **potatoes**, **1 tsp BBQ Seasoning** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tsp BBQ Seasoning and 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)

2



### Prep chicken

- Pat **chicken** dry with paper towels. Season both sides with **salt** and **pepper**.
- Combine **panko**, **half the flour** and **remaining BBQ Seasoning** in a shallow dish.
- Coat **chicken** all over with **1 tbsp** (2 tbsp) **mayo**.
- Working with **one piece of chicken** at a time, press each piece into **panko mixture** to coat completely.

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 it in the same way the recipe instructs you to season and cook the **chicken thighs**.

3



### Cook chicken

- Heat **2 tbsp** (4 tbsp) **oil** in a large non-stick pan over medium-high heat.
- When hot, add **chicken**. (**NOTE:** Don't overcrowd the pan, cook in batches if necessary.) Cook until golden brown, 2-3 min per side.
- Transfer **chicken** to another parchment-lined baking sheet.
- Roast in the **bottom** of the oven until cooked through, 12-14 min.\*\*

4



### Mix coleslaw

- Meanwhile, whisk together **vinegar**, **remaining mayo**, **¼ tsp** (½ tsp) **salt** and **¼ tsp** (½ tsp) **sugar** in a large bowl.
- Add **cabbage** and **carrots**. Season with **pepper**, then toss to coat.

5



### Make gravy

- Heat a small pot over medium-high heat.
- When hot, add **2 tbsp** (4 tbsp) **butter**. Cook, whisking often, until **butter** melts, 1 min.
- Add **remaining flour**. Cook, whisking often, until **flour** and **butter** combine, 1 min.
- Add **stock powder** and **1 cup** (2 cups) **water**. Cook, whisking often, until **gravy** thickens slightly, 2-3 min.
- Season with **salt** and **pepper**, to taste.

6



### Finish and serve

- Divide **chicken**, **coleslaw** and **fries** between plates.
- Serve **gravy** on the side for dipping.

Dinner Solved!