



Buffalo Chicken Sammies

with Matchstick Oven Fries

Spicy

Protein Plus

30 Minutes

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

Swap



Chicken Breasts
2 | 4

Swap



Organic Chicken Breasts
2 | 4



Artisan Bun
2 | 4



Dill Pickle, sliced
45 ml | 90 ml



Russet Potato
2 | 4



Mayonnaise
4 tbsp | 8 tbsp



Hot Sauce
4 tbsp | 8 tbsp



Dill-Garlic Spice Blend
2 g | 4 g



Spring Mix
28 g | 56 g



Chicken Breast Tenders
310 g | 620 g

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.

Pantry items | Butter, pepper, salt, oil

Cooking utensils | 2 baking sheets, large non-stick pan, measuring spoons, paper towels, parchment paper, 2 small bowls, strainer

1



Roast fries

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Remove any brown spots from **potatoes** and cut into ¼-inch-thick **matchstick fries**.
- To a parchment-lined baking sheet, add **potatoes** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven for 22-24 min, flipping halfway through, until tender and golden.

2



Prep

- ◉ Swap | **Chicken Breasts**
- ◉ Swap | **Organic Chicken Breasts**
- Meanwhile, drain, then roughly chop **half the pickles** (use all for 4 servings).
- Pat **chicken** dry with paper towels. Season with **salt** and **pepper**.

3



Mix condiments

- In a small bowl, add **half the Dill-Garlic Spice Blend** (use all for 4 servings) and **half the mayo**. Season with **salt** and **pepper**, then stir to combine.
- In another small bowl, combine **pickles** and **remaining mayo**.

4



Cook chicken

- Heat a large non-stick pan over medium-high.
- When hot, add **2 tbsp** (4 tbsp) **butter**, then **chicken**. Cook for 5-6 min, flipping occasionally, until **chicken** is cooked through.**

5



Coat chicken and toast buns

- Remove the pan from heat, then add **hot sauce** and ½ **tbsp** (1 **tbsp**) **butter**. Flip **chicken** until coated, 1 min.
- Halve **buns**, then arrange on another unlined baking sheet, cut-side up.
- Toast in the **top** of the oven for 5-6 min, until browned. (**TIP**: Keep an eye on them so they don't burn!)

6



Finish and serve

- Spread **pickle mayo** over **bottom buns**, then stack with **spring mix** and **Buffalo chicken**. Close with **top buns**.
- Divide **sammies** and **fries** between plates.
- Serve **dill-garlic mayo** alongside for dipping.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

2 | Prep

- ◉ Swap | **Chicken Breasts**
- ◉ Swap | **Organic Chicken Breasts**

If you've opted to get **chicken breasts**, cut into 1-inch wide strips, then prep and cook in the same way the recipe instructs you to prep and cook **chicken breast tenders**.

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

** Cook to a minimum internal temperature of 165°F.