



DINNERLY



Crispy Chicken Sandwich with Parsnip & Carrot Fries

 20-30min  2 Servings

You're welcome. For this quick take on a fried chicken sandwich. Not only is our shallow fry method a smidgeon healthier, but so is the fact that we use lean, boneless, skinless chicken breasts. Plus, the oven fries are good-for-you root veggies—parsnips and carrots—so go ahead and eat to your heart's desire. We've got you covered!

WHAT WE SEND

- carrots
- parsnips
- boneless, skinless chicken breasts

WHAT YOU NEED

- 1 large egg
- all-purpose flour ¹
- kosher salt & ground pepper

TOOLS

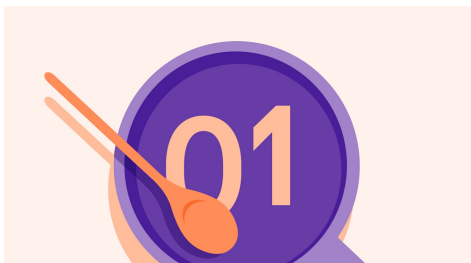
- medium skillet
- rimmed baking sheet

ALLERGENS

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 780.0kcal, Fat 29.0g, Proteins 39.0g, Carbs 94.0g



1. Roast veggie fries

Preheat oven to 450°F with a rack in the center. Peel **carrots** and **parsnips** and cut into long sticks, about ½-inch thick. On a rimmed baking sheet, toss carrots and parsnips with **2 tablespoons oil** and season with **salt** and **pepper**. Roast, tossing halfway through, until browned and tender, 15–20 minutes.



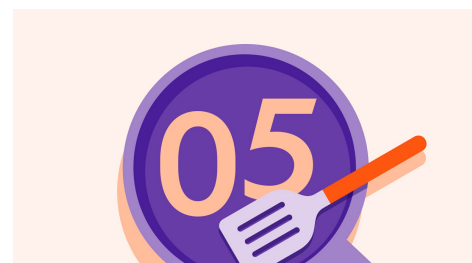
4. Warm buns

Place **buns** directly on center oven rack (don't split open) and warm through, about 1 minute (watch closely).



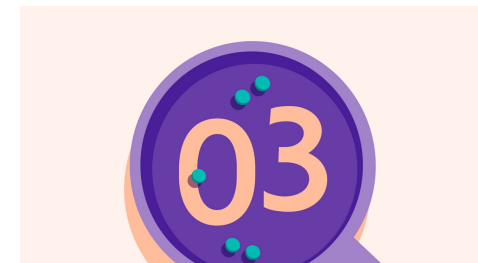
2. Bread chicken

Meanwhile, pat **chicken** dry and pound to an even thickness, if necessary. Season chicken with ½ **teaspoon salt** and a **few grinds pepper**. Beat **1 egg** in a bowl and season with **salt** and **pepper**. Whisk ½ **cup flour**, and ½ **teaspoon salt** in a separate bowl. Coat chicken in **flour**, then **egg**. Let **excess egg** drip off then repeat in **flour**.



5. Assemble & serve

Cut **chicken** in half to fit on the **buns**. Split buns open and top with **chicken**, **ranch**, and **some of the pickles**. Serve **sandwiches** with **root veggie fries** and any **extra pickles** alongside. Enjoy!



3. Fry chicken

Heat ¼-inch **oil** in a medium skillet over medium-high. When **oil** is hot, add **chicken** (oil should sizzle vigorously when chicken is added), and cook, turning occasionally, until golden and crisp (reduce heat if browning too quickly), 2–3 minutes per side. Transfer to a paper towel-lined plate.



6. Take it to the next level

We love all sorts of toppers on our fried chicken sandwiches: pickled jalapeños, cole slaw, hot sauce, thinly sliced red onion. You do you!