



# DINNERLY



## Crispy Chicken Sandwich with Parsnip & Carrot Fries

 20-30min  4 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

- boneless, skinless chicken breasts
- carrots
- parsnips

#### WHAT YOU NEED

- 1 large egg
- all-purpose flour <sup>1</sup>
- kosher salt & ground pepper

#### TOOLS

- large 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 700.0kcal, Fat 27.0g, Proteins 37.0g, Carbs 81.0g



#### 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 **3 tablespoons oil** and season with **salt** and **pepper**. Roast, tossing halfway through, until browned and tender, 20–25 minutes.



#### 4. Warm buns

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



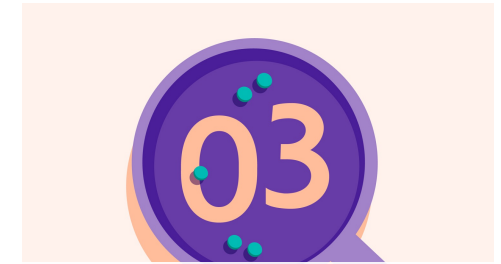
#### 2. Bread chicken

Meanwhile, pat **chicken** dry and pound to an even thickness, if necessary. Season chicken **1 teaspoon salt** and **a few grinds pepper**. Beat **1 egg** and **2 tablespoons oil** in a bowl and season with **salt** and **pepper**. Whisk **¾ 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**.



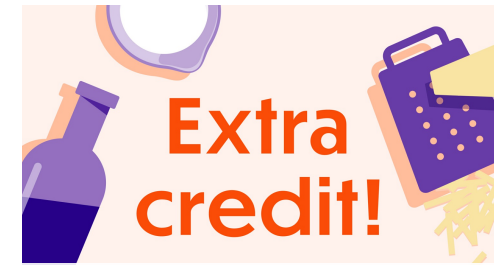
#### 5. Assemble & serve

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



#### 3. Fry chicken

Heat **¼-inch oil** in a large skillet over medium-high. When **oil** is hot, add **chicken** in 2 batches (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. Repeat with **remaining chicken**.



#### 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!