

# 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
- 1,3
- 4,5,2

## WHAT YOU NEED

- 1 large egg <sup>1</sup>
- all-purpose flour <sup>2</sup>
- kosher salt & ground pepper

## TOOLS

- medium skillet
- rimmed baking sheet

## ALLERGENS

Egg (1), Wheat (2), Soy (3), Milk (4), Sesame (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 780kcal, Fat 29g, Carbs 94g, Protein 39g



### 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.



### 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**.



### 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.



### 4. Warm buns

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



### 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!



### 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!