



## Fried Chicken Sandwiches

with Root Vegetable Fries



30-40min



2 Servings

The key to the chicken's extra crispy coating is a triple-dredge: dip the chicken breasts in flour, then egg, shaking off excess. Return the chicken to the flour and turn to coat. Dip one more time in the egg and finish in the flour. At this point the chicken should have a nice shaggy coating. It's OK if your fingers get breaded too, just be sure to use one hand. Cook, relax, and enjoy!



## What we send

- ¼ oz paprika
- ¼ oz fresh dill
- 12 oz pkg boneless, skinless chicken breasts
- 1 lemon
- 1 shallot
- 2 carrots
- 1 parsnip
- 2 (2 oz) mayonnaise <sup>1,3</sup>
- 2 potato buns <sup>4,5,2</sup>
- ¾ oz dill pickles

## What you need

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

## Tools

- large skillet
- rimmed baking sheet
- wire rack

## 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 870kcal, Fat 40g, Carbs 77g, Protein 45g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Peel **carrots** and **parsnips** and cut into long sticks, about ½-inch thick. Peel and finely chop **2 tablespoons shallot**. Pick **dill fronds** from stems, discarding stems, then finely chop fronds.



### 4. Bread chicken

Season **chicken** with **pepper** and **½ teaspoon salt**. Beat **1 large egg** and **1 tablespoon water** in a bowl; season with **salt** and **pepper**. In a second bowl, combine **1½ teaspoons of the paprika**, **¾ cup flour**, and **½ teaspoon salt**. Coat chicken breasts in flour, then egg. Let excess egg drip off, then repeat in flour then egg; finish in flour. Transfer to a plate.



### 2. Roast vegetables

On a rimmed baking sheet, toss **carrots** and **parsnips** with **1½ tablespoons olive oil** and season with **salt** and **pepper**. Roast on center oven rack, shaking baking sheet halfway through, until browned and tender, 15-20 minutes.



### 5. Fry chicken

Heat **¾ cup oil** in a medium skillet over medium-high. When oil is hot (it should sizzle vigorously when a pinch of flour touches it), cook **chicken**, turning occasionally, until golden and crisp, about 4 minutes (reduce heat if browning too quickly). Transfer to a wire rack to drain.



### 3. Make sauce

While **vegetables** roast, in a small bowl, combine **all of the mayonnaise**, **dill fronds**, and **chopped shallot**. Squeeze **juice from half of the lemon** into same bowl and season to taste with **salt** and **pepper**; stir to combine. Cut remaining lemon into wedges.



### 6. Build sandwiches & serve

Spread **a dollop of the sauce** on the bottom of each **roll**. Top with **chicken** (cutting in half to fit if necessary) and **some of the pickles**. Serve **sandwiches** with **lemon wedges** for squeezing over and **root vegetable fries** on the side. Serve with any **remaining sauce** for dipping. Enjoy!