



## Fried Chicken Sandwich & Veggie Fries

with Creamy Dill Sauce



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

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

## What you need

- olive oil
- kosher salt & ground pepper
- 1 large egg <sup>1</sup>
- ¾ cup all-purpose flour <sup>4</sup>

## Tools

- rimmed baking sheet
- medium skillet

## Allergens

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

## Nutrition per serving

Calories 1460kcal, Fat 84g, Carbs 119g, Protein 59g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the center.

Peel **carrots** and **parsnips**; cut into long sticks, about ½-inch thick. Finely chop **2 tablespoons shallot**. Pick **dill fronds** from stems and finely chop; discard stems.



### 4. Bread chicken

Season **chicken** with **pepper** and **½ teaspoon salt**.

Beat **1 large egg** and **1 tablespoon water** in a medium bowl; season with **salt** and **pepper**. In a second bowl, combine **1½ teaspoons paprika**, **¾ cup flour**, and **½ teaspoon salt**.

Coat chicken in flour, then egg; let excess egg drip back into bowl. Repeat once more, then dredge chicken in flour again. Transfer to a plate.



### 2. Roast vegetables

On a rimmed baking sheet, toss **carrots** and **parsnips** with **1½ tablespoons oil**; season with **salt** and **pepper**.

Roast on center oven rack until browned and tender, shaking sheet halfway through, 15-20 minutes.



### 5. Fry chicken

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



### 3. Make dill sauce

Meanwhile, in a small bowl, combine **all of the mayonnaise, dill**, and **shallots**. Squeeze in **juice from half of the lemon** and season to taste with **salt** and **pepper**; stir to combine.

Cut **remaining lemon** into wedges.



### 6. Build sandwiches & serve

Spread a **dollop of dill sauce** on **bottom buns**. Top with **chicken** (cut in half to fit, if necessary) and **pickles**.

Serve **fried chicken sandwiches** with **veggie fries, lemon wedges**, and **remaining dill sauce** alongside. Enjoy!