



**NUTRITION** per serving 75g carbohydrates 17g fat 54g protein 1072mg sodium | CONTAINS dairy



Calories  
**664**



Prep & Cook Time  
**35-45 min.**



Cook Within  
**5 days**



Difficulty  
**Easy**



Spice Level  
**Medium**



STAFF PICK

## Buffalo Chicken Frites

with blue cheese, celery, and carrot

### IN YOUR BOX

- 2 Russet Potatoes
- 6 oz. Carrot
- 1 Celery Stalk
- 2 Green Onions
- 2 Boneless Skinless Chicken Breasts
- 1 oz. Sour Cream
- 1 fl. oz. Frank's RedHot Sauce
- ½ Tbsp. Powdered Ranch Seasoning
- 1 oz. Blue Cheese

### IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Mixing Bowl
- Large Non-Stick Pan

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## BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **450 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- ❑ **Heads Up! Hot sauce** is used twice. Half is added to **spicy sour cream** and remaining garnishes dish to taste.
- ❑ **Ranch seasoning** is highly flavorful. Start by adding half the provided amount, taste, and add more if desired.
- ❑ **Spice Alert! Hot sauce** is aptly named. Use to taste when garnishing dish.

## FROM THE CHEF

Want to have ultimate control over the spice level of this dish? Don't mix the hot sauce with sour cream, and just garnish dish with hot sauce to taste.

### Did you know...

Several Buffalo, New York establishments lay claim to pairing hot sauce with chicken wings, but the probable inventor is Anchor Bar, which was owned by husband and wife team Frank and Teressa Bellissimo.



1

## Start the Fries

Cut **potatoes** into ¼” sticks. Place on prepared baking sheet and toss with 1 Tbsp. **olive oil** and a pinch of **pepper**. Bake until lightly browned, 20 minutes, tossing fries once halfway through. *Fries will finish cooking in a later step.* While fries bake, prepare ingredients.



2

## Prepare the Ingredients

Peel, trim, and cut **carrot** into ¼” slices on an angle. Trim ends off **celery** and cut into ¼” slices on an angle. Trim and thinly slice **green onions** on an angle. Pat **chicken breasts** dry. On a separate cutting board, cut chicken into 1” pieces and season with ¼ tsp. **salt** and a pinch of **pepper**.



3

## Make Spicy Sour Cream and Start Chicken

Combine **sour cream** and half the **hot sauce** (reserve remaining for garnish) in a small mixing bowl. Place a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan. Cook undisturbed until browned, 3-4 minutes.



4

## Finish the Chicken

Add **carrot** and **celery** to pan with **chicken**. Cook, stirring occasionally, until vegetables soften and chicken reaches a minimum internal temperature of 165 degrees, 4-5 minutes. Cover and set aside. While chicken cooks, finish fries.



5

## Finish the Fries

After **fries** have cooked 20 minutes, toss again, and bake until golden brown, 10-12 minutes. Remove from oven and sprinkle with **ranch seasoning** (to taste).



6

## Plate the Dish

Place **fries** on a plate and top with **chicken** and **vegetables**. Drizzle **spicy sour cream** (to taste) over top and serve on the side for dipping. Garnish with **blue cheese**, **green onions**, and remaining **hot sauce** (to taste).