



DINNERLY



Low-Cal Popcorn Chicken with Creamy Guacamole

 30-40min  2 Servings

This isn't Colonel Sanders' popcorn chicken. It's better (duh)! And we 100% encourage all double-dipping and finger-licking when it comes to this creamy, tangy guacamole sauce. We've got you covered!

WHAT WE SEND

- 10 oz pkg boneless, skinless chicken breast
- ½ lb green beans
- 2 (1 oz) panko ²
- 2 (1 oz) sour cream ³
- 2 oz guacamole

WHAT YOU NEED

- kosher salt & ground pepper
- 1 large egg ¹
- olive oil
- garlic
- white wine vinegar (or apple cider vinegar)

TOOLS

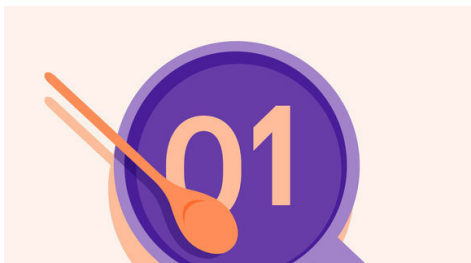
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 620kcal, Fat 35g, Carbs 35g, Protein 45g



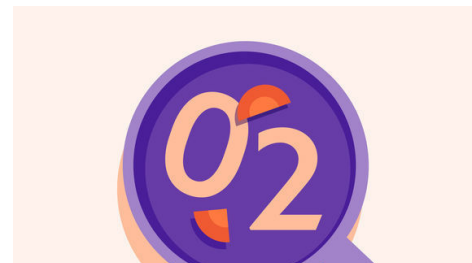
1. Prep ingredients

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

Pat **chicken** dry and cut into 1-inch pieces; season all over with **salt and pepper**.

Trim **green beans** and place in a medium bowl.

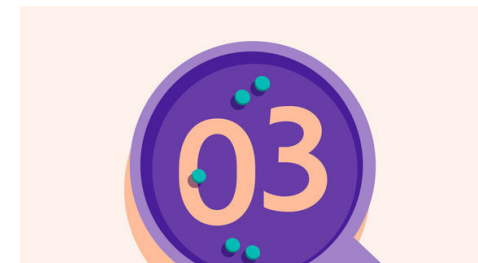
Place **panko** on a plate.



2. Bread chicken

In a small bowl, beat **1 large egg** and a **pinch each of salt and pepper**.

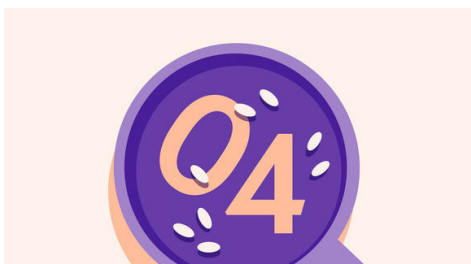
Dip **chicken** in egg, letting excess drip back into bowl. Dredge in **panko**, pressing to help breading adhere.



3. Bake chicken, green beans

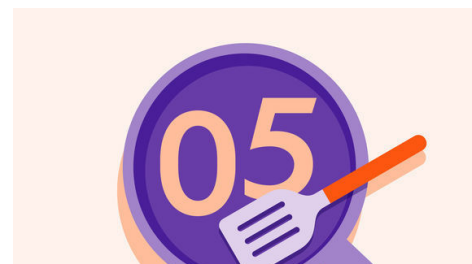
Place **chicken** on one side of a generously **oiled** baking sheet; drizzle with more **oil**. Add **green beans** to open side; toss with **1 tablespoon oil** and season with **salt and pepper**.

Bake until chicken is golden-brown and cooked through and green beans are tender, about 15 minutes (watch closely as ovens vary).



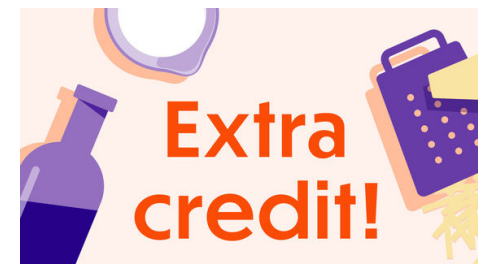
4. Make creamy guac

Meanwhile, finely chop **½ teaspoon garlic** and place in a small bowl. Add **all of the sour cream, guacamole, 1 tablespoon water, and ½ teaspoon vinegar**; stir to combine. Season to taste with **salt and pepper**.



5. Serve

Serve **popcorn chicken** with **green beans** and **creamy guac**. Enjoy!



6. Air fry it!

Preheat air fryer to 400°F. After breading the chicken in step 2, spray with cooking spray. Working in batches if needed, air fry chicken until cooked through and panko is golden-brown and crisp, 8 minutes. Set aside and keep warm. Toss green beans with 1 teaspoon oil; season with salt and pepper. Working in batches if needed, add green beans; cook until well browned and tender, 5–8 minutes.