



Crispy Parm Chicken Tenders

with Potato Wedges & BBQ Ranch Dip

30-40min 2 Servings

Parmesan and panko breadcrumbs are the perfect combo for coating tender chicken breast strips—the result is a nutty, crispy breading, just waiting to be dipped into tangy, sweet BBQ-ranch sauce. Served with roasted potato wedges and broccoli to balance out the plate. This dish has "picky eater proof" written all over it!

What we send

- 2 russet potatoes
- 1/2 lb broccoli
- 3/4 oz Parmesan ⁷
- garlic
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz panko breadcrumbs ^{1,6}
- 1 oz mayonnaise ^{3,6}
- 2 oz barbecue sauce
- 1/4 oz ranch seasoning ⁷

What you need

- neutral oil
- kosher salt & pepper
- 1 large egg ³

Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 880kcal, Fat 46g, Carbs 67g, Proteins 57g



1. Roast potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **potatoes**, then cut lengthwise into 1/4-inch thick wedges; transfer to a rimmed baking sheet. Toss potatoes with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on lower oven rack until potatoes are deeply golden underneath, 12-15 minutes.



4. Roast broccoli

Flip **potatoes** and push to one side of baking sheet. Add **broccoli** to other side and carefully toss with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on lower oven rack until broccoli is tender and browned in spots, and potatoes are tender, golden, and crisp underneath, 8-10 minutes.



2. Prep ingredients

Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. Finely grate **Parmesan**. Finely grate **1 teaspoon garlic** into a medium bowl, then add **1 large egg**, **1 tablespoon water**, and **1/2 teaspoon salt**; beat to combine.



5. Pan-fry chicken

Meanwhile, heat **1/4 inch oil** in a medium skillet over medium-high. When oil is hot (it should sizzle when a pinch of panko is added), add **chicken** in batches and cook, turning once, until golden, crisp, and cooked through (reduce heat if browning too quickly), 2-3 minutes per side. Transfer to a paper towel-lined plate.



3. Coat chicken

Pat **chicken** dry, then cut each breast lengthwise into 3 even strips. In a shallow bowl, combine **panko** and **Parmesan**; season with **salt** and **pepper**. Working in batches, dip chicken into **egg**, letting excess drip back into the bowl, then press into Parmesan mixture, tapping off excess. Transfer to a plate.



6. Make sauce & serve

In a small bowl, whisk to combine **mayonnaise**, **half of the barbecue sauce**, and **1 1/2 teaspoons ranch seasoning**. Serve **crispy Parmesan chicken tenders** with **broccoli**, **potatoes**, and **dipping sauce** alongside. Enjoy!