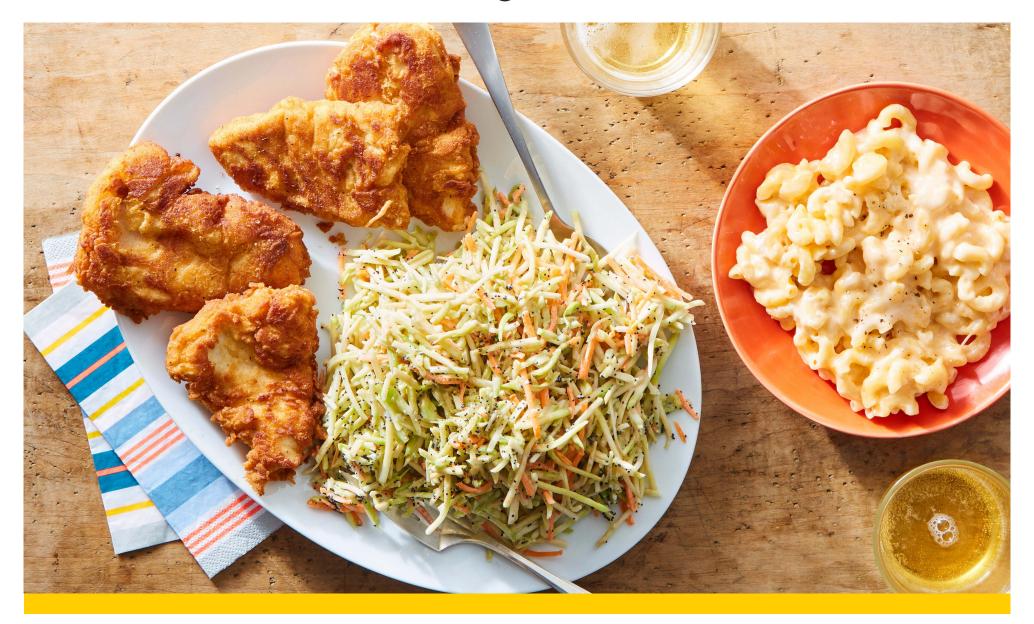
MARLEY SPOON



Fried Chicken with Buttermilk Poppy Slaw

& Stovetop Mac & Cheese



30-40min 2 Servings

Fried chicken typically requires hours-if not days-to prepare. Our love for the crispy, juicy chicken inspired us to create a classic comfort-food meal suited for busy weeknights. Accompanied by a fast stovetop mac & cheese that uses starchy pasta water and cheese to create a classic creamy mac, and a tangy coleslaw studded with toasted poppy seeds. You can have this fried chicken dinner whenever you want!

What we send

- 2 oz elbow macaroni ¹
- 2 oz shredded cheddar-jack blend ³
- 1 oz cream cheese 3
- 1/4 oz poppy seeds
- 1 oz mayonnaise ^{2,4}
- 1 oz buttermilk powder 3
- 14 oz cabbage blend
- 12 oz pkg boneless, skinless chicken breasts
- 1/4 oz baking soda
- ¼ oz Cajun seasoning

What you need

- kosher salt & ground pepper
- sugar
- apple cider vinegar (or white wine vinegar)
- 1 c all-purpose flour 1
- 1 large egg ²
- neutral oil

Tools

- small saucepan
- large heavy skillet (preferably cast-iron)
- meat mallet (or heavy skillet)

Allergens

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

Nutrition per serving

Calories 1140kcal, Fat 59g, Carbs 95g, Protein 65g



1. Make mac & cheese

In a saucepan, combine ½ cup of pasta,

1 cup water, and a pinch of salt; bring to a boil over high heat, stirring to prevent pasta from sticking. Reduce heat to medium-low; cook, stirring occasionally, until pasta is al dente and water has reduced by half, 6-7 minutes. Add cheddar and half of the cream cheese; stir until cheese is melted and sauce is smooth. Cover to keep warm.



2. Make buttermilk dressing

Transfer **poppy seeds** to a large heavy skillet (preferably cast-iron) and toast over medium heat, stirring occasionally, until fragrant and lightly browned, 2-3 minutes. Transfer to a medium bowl; whisk in **mayonnaise**, **remaining cream cheese**, 1 tablespoon each of buttermilk powder and water, 1½ tablespoons sugar, 2 teaspoons vinegar, and ½ teaspoon salt Reserve skillet for step 5.



3. Pound chicken

Add **coleslaw blend** to **buttermilk dressing** and toss to coat. Season to taste with **salt** and **pepper**. Refrigerate **slaw** until step 6.

Place **chicken** between 2 sheets of plastic wrap. Use a meat mallet (or heavy skillet) to pound each piece to an even ¼-inch thickness. Cut each piece in half, then season all over with **salt** and **pepper**.



4. Dredge chicken

In a medium bowl, combine Cajun seasoning, remaining buttermilk powder, 1 cup flour, and 1 teaspoon baking soda. In a 2nd medium bowl, whisk together 1 large egg and ¼ cup water. Stir 1 tablespoon egg mixture into seasoned flour until small clumps form. Coat each piece of chicken in seasoned flour, dip into egg, let excess drip into bowl, and coat well in seasoned flour again.



5. Fry chicken

Heat **1/4-inch oil** in reserved skillet over medium-high until shimmering (oil should sizzle vigorously when a pinch of flour is added). Add **chicken** and cook until golden and crisp all over, and chicken is cooked through, 3-5 minutes per side (reduce heat if browning too quickly). Transfer to a paper towel-lined plate; season lightly with **salt**.



6. Finish & serve

Heat **mac & cheese** over medium-low heat, stirring constantly, until warm. Stir in water to loosen, 1 tablespoon at time if necessary, until glossy and smooth.

Season to taste with **salt** and **pepper**.

Serve **fried chicken** with **slaw** and **mac & cheese** alongside. Enjoy!