

# DINNERLY



## Fried Chicken with Spinach Salad & Creamy Garlic Dressing



20-30min



2 Servings

We're bringing you fried chicken in a flash, and guess what? It doesn't involve a Colonel or a bucket. We know what you're thinking...homemade fried chicken on a weeknight? Stay with us. The chicken is pounded thin, breaded, and pan-fried (instead of deep-fried) to golden perfection. With a quick spinach salad, this is a surefire winner, winner, chicken dinner. We've got you covered!

### WHAT WE SEND

- 1 oz scallions
- 2 oz roasted red peppers
- 10 oz pkg boneless, skinless chicken breast
- 1 oz sour cream <sup>7</sup>
- ¼ oz Italian seasoning
- 3 oz baby spinach

### WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- white wine vinegar (or apple cider vinegar) <sup>17</sup>
- olive oil
- 1 large egg <sup>3</sup>
- all-purpose flour <sup>1</sup>

### TOOLS

- meat mallet (or heavy skillet)
- microplane or grater
- medium heavy skillet (preferably cast-iron)

### ALLERGENS

Wheat (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 650kcal, Fat 36g, Carbs 40g, Protein 44g



#### 1. Prep ingredients

Trim ends from **scallions**, then thinly slice on an angle. Pat **roasted red peppers** dry, then coarsely chop.

Pat **chicken** dry; pound with a meat mallet (or heavy skillet) to an even ¼-inch thickness. Season with **salt** and **pepper**.



#### 2. Make dressing

Finely grate ⅛ **teaspoon garlic** into a small bowl, then add **sour cream**, a **pinch of Italian seasoning**, **1 tablespoon water**, and **1 teaspoon vinegar**. Whisk in **2 tablespoons oil**, then season to taste with **salt** and **pepper**.



#### 3. Bread chicken

In a shallow bowl, beat **1 large egg**, **1 tablespoon water**, and a **pinch each of salt and pepper**. In a second bowl, whisk to combine ¾ **cup flour**, **1 tablespoon Italian seasoning**, and ½ **teaspoon salt**. Dredge **chicken** in flour, then dip in egg. Let excess egg drip back into the bowl. Repeat by dipping in flour, then egg, then flour again.



#### 4. Pan-fry chicken

Heat ¼ **inch oil** in a medium heavy skillet (preferably cast-iron) over medium-high. When **oil** is hot (it should sizzle vigorously when a pinch of flour is added), add **chicken**; cook, turning occasionally, until golden and crisp (see step 6), about 3 minutes per side. Transfer to a paper towel-lined plate to drain. Season with a **pinch of salt**.



#### 5. Finish & serve

In a serving bowl, toss to combine **scallions**, **peppers**, and **spinach**. Drizzle with **oil** and a **pinch each of salt and pepper**. Thin **creamy dressing** by mixing in **1 teaspoon water** at a time, as needed.

Serve **fried chicken** with **spinach salad** alongside. Spoon **some of the creamy dressing** over **spinach salad** with **remaining dressing** on the side for dipping. Enjoy!



#### 6. How to shallow-fry!

We have some quick tricks for the perfect crunch. Make sure your oil is hot: it should reach 350°F with an oil thermometer. If you drop a pinch of flour into the oil, it should sizzle vigorously. When working in batches, always make sure your oil comes back up to temperature in between (if it's browning too quickly, reduce the heat). If too low, the chicken will turn out oily instead of crispy.