

DINNERLY



Southern Fried Chicken Tenders with Creamy Ranch Slaw



30min



2 Servings

There are few pleasures in life more satisfying than tucking into a plate of fried chicken—it's one of America's favorite comfort foods (#facts). We've ditched the bucket and found an easy way to make this national treasure in a hurry. The trick to these Southern-style tenders is to triple dredge the chicken in egg and flour for a crunchy, savory coating that'll have you be like, Colonel who? We've got you covered!

WHAT WE SEND

- 4 oz snow peas
- 1 oz pkt mayonnaise ^{1,3}
- ¼ oz pkt ranch seasoning ⁴
- 14 oz pkg cabbage blend
- 10 oz pkg boneless, skinless chicken breasts

WHAT YOU NEED

- apple cider vinegar (or white wine vinegar)
- neutral oil
- sugar
- kosher salt & ground pepper
- 1 large egg ¹
- ¾ cup all-purpose flour ²

TOOLS

- medium heavy skillet (preferably cast-iron)

ALLERGENS

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

NUTRITION PER SERVING

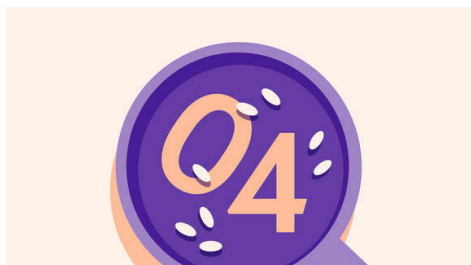
Calories 810kcal, Fat 51g, Carbs 45g, Protein 46g



1. Make slaw

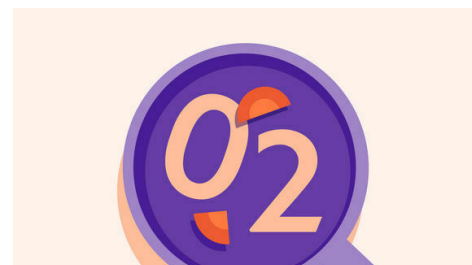
Trim **snow peas**, then thinly slice lengthwise.

In a medium bowl, whisk to combine **mayonnaise**, **ranch seasoning**, **1 tablespoon each of oil and water**, **2 teaspoons vinegar**, and **a pinch of sugar**. Add snow peas and **4 cups cabbage blend**, tossing to coat; season to taste with **salt** and **pepper**. Set aside until step 5.



4. 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 by adding a pinch of flour), add **chicken strips**; cook, turning occasionally, until golden-brown and cooked through, 2–3 minutes per side. Transfer to a paper towel-lined plate to drain; sprinkle with **salt**.

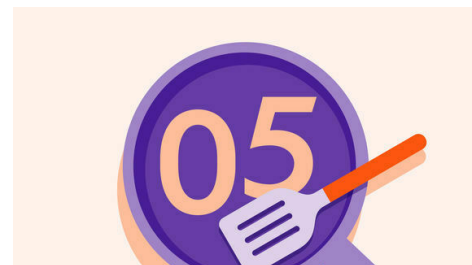


2. Prep chicken

Pat **chicken** dry, then cut each breast lengthwise into 3 even strips.

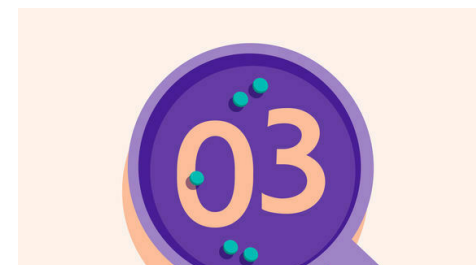
In a medium bowl beat **1 large egg**, **2 tablespoons water**, and **a pinch each of salt and pepper**.

In a second medium bowl, stir to combine **¾ cup flour** and season generously with **salt and pepper**.



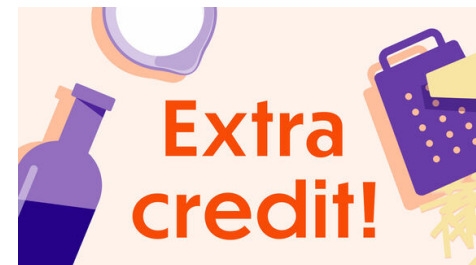
5. Serve

Serve **fried chicken tenders** with **creamy slaw** alongside and **ketchup** for dipping, if desired. Enjoy!



3. Bread chicken

Working in batches, coat **chicken strips** in **flour mixture**, then dip in **egg mixture**. Let excess egg drip back into bowl, then coat again in flour. Repeat dredging: dip in egg, allow to drip, and finish in flour.



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 ensure your oil comes back up to temperature between frying (if browning too quickly, reduce the heat). If heat is too low, chicken will turn out oily instead of crispy.