

DINNERLY



Upgrade to Double Green Beans

Baked Popcorn Chicken with Smashed Potatoes



1h



2 Servings

| This version of the recipe is customized with double the green beans.

WHAT WE SEND

- 2 russet potatoes
- ½ lb pkg chicken breast strips
- 1 lb green beans
- 2 oz panko ¹
- 1 pkt fried garlic
- 2 oz barbecue sauce
- ½ oz honey

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- all-purpose flour ¹
- 1 large egg ³

TOOLS

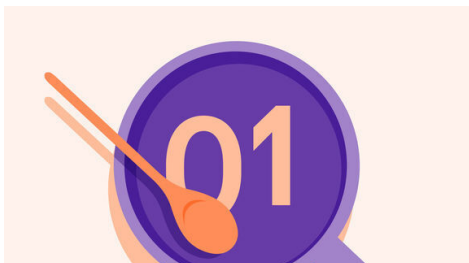
- rimmed baking sheet
- microwave
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 800kcal, Fat 32g, Carbs 100g, Protein 41g



1. Prep potatoes

Preheat oven to 450°F with a rimmed baking sheet on a rack in the bottom.

Scrub **potatoes**. Place in a microwave-safe dish and microwave on high for 5 minutes. Flip potatoes; continue to microwave until easily pierced through the center with a knife, 3–7 minutes more. Set aside until cool enough to handle, then cut into 2-inch pieces.

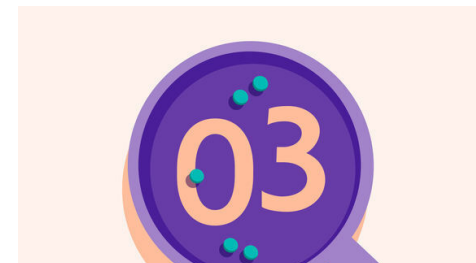


2. Smash potatoes & prep

Generously **oil** half of the preheated baking sheet (careful, will be very hot). Add **potatoes** and gently smash; season with **salt** and **pepper** and drizzle with **oil**. Cook on bottom oven rack, 20–27 minutes.

Meanwhile, pat **chicken** dry; season all over with **salt** and **pepper**. Toss in a medium bowl with **1 tablespoon flour** until coated.

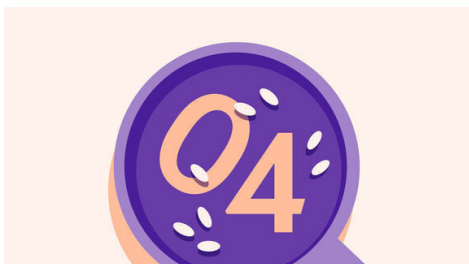
Trim **green beans**, if desired.



3. Prep breading

Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Add **panko**; toast, stirring, until golden-brown, 2–3 minutes. Transfer to a second medium bowl to cool; stir in **all of the fried garlic**. Reserve skillet.

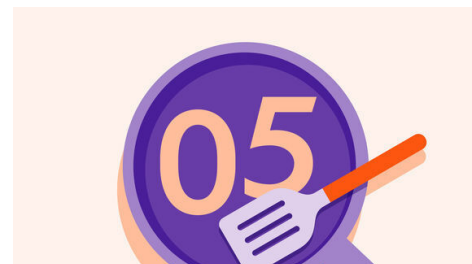
In a third medium bowl, beat **1 large egg** and **a pinch each of salt and pepper**.



4. Bread & bake chicken

Dip **chicken** in **egg**; let excess drip back into bowl. Add to bowl with **panko**; press to help breading adhere.

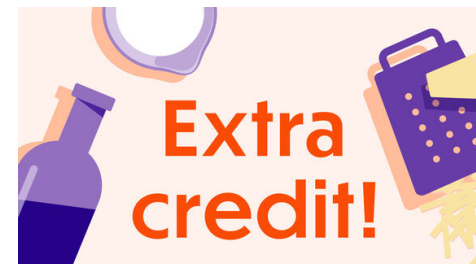
Generously **oil** open side of baking sheet with **potatoes**. Add chicken; drizzle more **oil** over top. Cook on bottom oven rack until nearly cooked through, about 10 minutes. Flip chicken; continue cooking until chicken and potatoes are browned, 5–7 minutes more.



5. Finish & serve

Heat **1½ tablespoon oil** in reserved skillet over medium-high. Add **green beans**; cook, stirring occasionally, until softened and browned in spots, about 5 minutes. Season to taste with **salt** and **pepper**. In a small bowl, combine **barbecue sauce** and **honey**.

Serve **popcorn chicken** with **potatoes**, **green beans**, and **honey barbecue sauce** alongside for dipping. Enjoy!



6. Smashing!

You can smash the potatoes by pressing down with a potato masher, a large fork, or the back of a measuring cup.

Questions about the recipe? Cooking hotline: **888-267-2850** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at dinnerly.com    **#dinnerly**