



Crispy Chicken Tenders

with Tangy Potato & Green Bean Salad



20-30min



2 Servings

Dill is a tender feathery herb with a light, fresh flavor. For this dish, green beans and potatoes are coated in creamy, grainy mustard dressing with fresh dill and crunchy pickles. This green bean-potato salad makes for a perfect side, which complements the crispy panko-coated chicken.

What we send

- 2 Yukon gold potatoes
- ½ lb green beans
- ¼ oz fresh dill
- 1½ oz dill pickle slices
- 10 oz pkg chicken breast strips
- 2 oz panko ¹
- 1 oz mayonnaise ^{2,3}
- 2 pkts Dijon mustard

What you need

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

Tools

- medium saucepan
- colander
- medium heavy skillet

Cooking tip

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Allergens

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

Nutrition per serving

Calories 740kcal, Fat 44g, Carbs 49g, Protein 43g



1. Cook potatoes & beans

Scrub **potatoes**, then slice into ½-inch thick rounds. Trim stem ends from **green beans**, then snap in half. Place potatoes and **2 teaspoons salt** in a medium saucepan with enough water to cover by ½ inch. Cover; bring to a boil over high heat. Uncover, and cook until just tender, 4 minutes. Add beans to saucepan; cook until crisp-tender, 3-4 minutes. Drain well.



4. Bread chicken

Beat **1 large egg** and **1 tablespoon water** in a shallow bowl. Add **panko** to a large resealable plastic bag, then season with **a pinch each of salt and pepper**. Dip **chicken** in egg, letting excess drip back into the bowl. Transfer chicken to bag with panko and shake to coat, pressing with your fingers to help the coating adhere.



2. Make potato salad

Pick **dill fronds** from stems, discarding stems; finely chop 1 tablespoon, leaving remaining fronds whole. Coarsely chop **pickles**. In a large bowl, whisk to combine **2 tablespoons oil**, **1 tablespoon vinegar**, **¼ teaspoon salt**, and **a few grinds of pepper**. Transfer **potatoes**, **green beans**, **chopped dill fronds**, and **chopped pickles** to bowl with **dressing**; toss to coat.



5. Pan-fry chicken

Heat **¼ inch oil** in a medium heavy skillet (preferably cast-iron) over medium-high until shimmering. Working in batches if necessary, add **chicken** and cook, turning occasionally, until golden and crisp, 2-3 minutes per side (reduce heat if chicken is browning too quickly). Transfer to a paper towel-lined plate, and sprinkle with **salt**.



3. Prep chicken

Pat **chicken** dry and sprinkle all over with **a pinch each of salt, pepper, and flour**.



6. Make sauce & serve

In a small bowl, combine **all of the mayonnaise and mustard**. Whisk in water, 1 teaspoon at a time, until sauce is a good consistency for dipping. Serve **chicken** with **mustard sauce** and **potato salad** alongside. Sprinkle with **whole dill fronds**. Enjoy!