



## 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 <sup>1</sup>
- 1 oz mayonnaise <sup>2,3</sup>
- 2 pkts Dijon mustard

## What you need

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

## 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!