

MARLEY SPOON



Fried Chicken & Honey Mustard

with Spinach Salad & Dill Vinaigrette



20-30min



2 Servings

There are few things tastier than fried chicken—in any form. This dish takes juicy boneless, skinless chicken breasts to the next level by dredging them in a flour mixture featuring Italian seasoning, which creates a crispy, flavorful coating. They're served with a side of sweet and tangy honey mustard, just waiting to be dipped into.

What we send

- ¼ oz fresh dill
- 2 plum tomatoes
- 1 cucumber
- 2 (½ oz) honey
- 2 (1 oz) whole-grain mustard
- 2 oz mayonnaise ^{1,2}
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz Italian seasoning
- 5 oz baby spinach

What you need

- neutral oil
- apple cider vinegar (or white wine vinegar)
- kosher salt & pepper
- 1 large egg ¹
- ¾ cup all-purpose flour (or gluten-free alternative)

Tools

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

Allergens

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

Nutrition per serving

Calories 1040kcal, Fat 69g, Carbs 47g, Protein 49g



1. Make vinaigrette

Pick **half of the dill fronds** from stems and finely chop; discard stems.

In a medium bowl, whisk to combine **2 tablespoons oil, 1 teaspoon vinegar, and a pinch each of salt and pepper**. Stir in chopped dill.

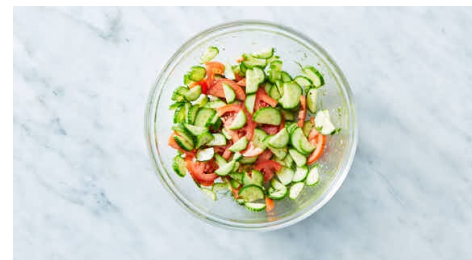


4. Prep chicken

Pat **chicken** dry; pound to an even ½-inch thickness. Season with **salt and pepper**.

In a bowl, beat **1 large egg, 1 tablespoon water, and a pinch each of salt and pepper**. In a second bowl, combine **¾ cup flour, 1 teaspoon Italian seasoning, and ¼ teaspoon salt**

Coat chicken in flour, then egg, letting excess drip back into bowl. Repeat in flour, then egg, then flour.



2. Dress vegetables

Core **tomatoes**, then halve lengthwise. Cut into thin half-moons. Halve **cucumber** lengthwise (peel, if desired). Thinly slice into half-moons.

Stir tomatoes and cucumbers into bowl with **dill vinaigrette**.



5. Pan-fry chicken

Heat **¼-inch oil** in a medium heavy skillet over medium-high until shimmering (add a pinch of flour and it should sizzle vigorously). Add **chicken** and cook, turning occasionally, until golden and crisp, about 4 minutes per side (reduce heat if browning too quickly). Transfer to a paper towel-lined plate to drain. Season with **a pinch of salt**.



3. Make honey mustard

In a small bowl, stir to combine **all of the honey, mustard, and mayonnaise**. Season to taste with **salt and pepper**.



6. Finish salad & serve

Add **spinach** to bowl with **tomatoes and cucumbers**; toss to combine. Season to taste with **salt and pepper**.

Serve **fried chicken** with **spinach salad** and **honey mustard sauce**. Enjoy!