



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 with 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

- boneless, skinless chicken breasts
- Italian seasoning
- cucumbers
- honey
- whole grain mustard ¹⁷
- mayonnaise ^{3,6}
- baby spinach
- plum tomatoes
- fresh dill

What you need

- all-purpose flour ¹
- apple cider vinegar
- kosher salt & ground pepper

Tools

- meat mallet (or heavy skillet)

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 31g, Carbs 48g, Proteins 44g



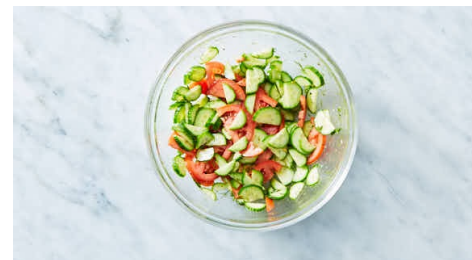
1. Make vinaigrette

Pick **half of the dill fronds** from stems, discarding stems; chop fronds (save rest for own use). In a medium bowl, whisk together **1 teaspoon vinegar**, **a pinch of salt**, and **2 tablespoons oil**. Stir in dill and season with **pepper**.



4. Prep chicken

Pat **chicken** dry; pound to an even ½-inch thickness. Season with **salt** and **pepper**. In a shallow bowl, beat **1 large egg** with **1 tablespoon water**, and **a pinch each 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, let excess drip off. Repeat in flour, then egg, then flour.



2. Marinate vegetables

Core **tomato**, then halve and cut into thin half-moons. Trim ends from **cucumber** (peel if desired), then halve lengthwise and thinly slice into half-moons. Add tomatoes and cucumbers to bowl with **dill vinaigrette**, and stir to coat.



5. Pan-fry chicken

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



3. Make honey mustard

In a small bowl, stir together **honey**, **mustard**, and **mayonnaise**. Season to taste with **salt** and **pepper**.



6. Finish & serve

Add **spinach** to bowl with **tomatoes** and **cucumbers**, and stir to combine. Season to taste with **salt** and **pepper**. Serve **fried chicken** with **spinach salad** and **honey mustard sauce** on the side. Enjoy!