

DINNERLY



Popcorn Chicken & Cheesy Green Beans

with Dipping Sauce



30-40min



2 Servings

If chicken had a signature motto it would be: "Just think of all the possibilities." You can fry it. You can shred it. You can roast it. You can popcorn it. Let's focus on that last one today—instead of deep frying, we're baking breaded chicken in the oven so you get that crispy exterior without all the grease. Add a side of roasted cheesy green beans and watch the whole fam do their happy dance. We've got you covered!

WHAT WE SEND

- ½ lb pkg chicken breast strips
- ½ lb green beans
- 2 oz panko ¹
- ¼ oz granulated garlic
- 2 oz shredded cheddar-jack blend ⁷
- 2 (¼ oz) cornstarch

WHAT YOU NEED

- kosher salt & ground pepper
- mayonnaise ³
- ketchup
- ¼ c neutral oil
- 1 large egg ³

TOOLS

- rimmed baking sheet
- small nonstick skillet

COOKING TIP

Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

ALLERGENS

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 730kcal, Fat 48g, Carbs 44g, Protein 42g

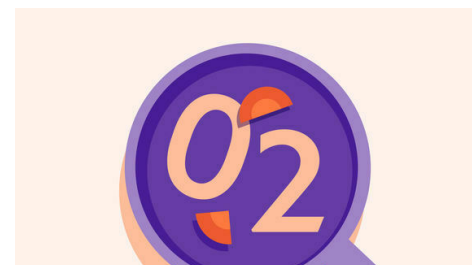


1. Prep ingredients

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

Pat **chicken** dry; season all over with **salt** and **pepper**. Trim stem ends of **green beans**.

In a small bowl, combine **2 tablespoons** each **mayo** and **ketchup**.



2. Toast panko

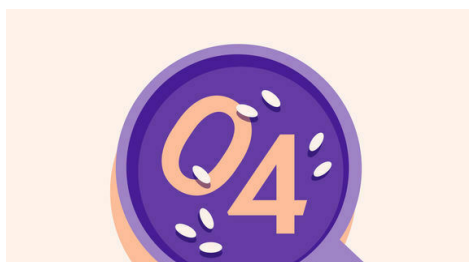
Heat **2 tablespoons** oil in a small nonstick skillet over medium-high. Add **panko** and toast, stirring frequently, until golden brown, 2–3 minutes. Transfer to a medium bowl to cool slightly; stir in **1 teaspoon** **granulated garlic** until combined.



3. Bread chicken

In a 2nd medium bowl, beat **1 large egg** and a **pinch** each of **salt** and **pepper**.

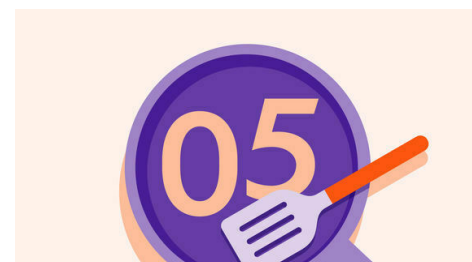
In a 3rd medium bowl, toss **chicken** with **1 tablespoon** **cornstarch** until evenly coated. Dip chicken in egg, letting excess drip back into bowl. Press into **seasoned panko**, pressing to help breading adhere.



4. GREEN BEAN VARIATION

Generously **oil** preheated baking sheet (careful, will be very hot). Place **chicken** on one side; drizzle more **oil** over top. On open side, carefully toss **green beans** with **1 tablespoon** **oil** and season with **salt** and **pepper**.

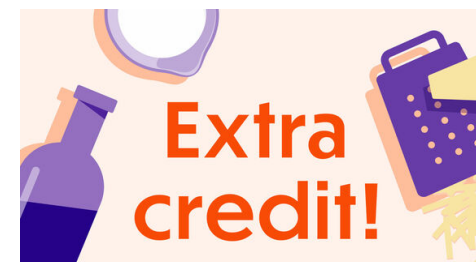
Roast on center oven rack until chicken is cooked through and green beans are almost tender, about 10 minutes.



5. Add cheese & serve

Remove **green beans** and **chicken** from oven; flip chicken. Gather green beans together and sprinkle **cheese** over top. Return to oven and cook until cheese is melted and chicken is browned, 5–7 minutes more.

Serve **popcorn chicken** with **cheesy green beans** alongside and **mayochup** on the side for dipping. Enjoy!



6. Did you know?

Although reducing food waste is a top priority, sometimes in spite of best efforts, we end up with more (ingredients or food) than we need. When that happens, we still make sure it doesn't go to waste. One way to ensure all our nutritious food ends up on a table is by donating to local charities like Table to Table and Grace Place.