

DINNERLY



Popcorn Chicken & Cheesy Zucchini 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 zucchini and watch the whole fam do their happy dance. We've got you covered!

WHAT WE SEND

- ½ lb pkg chicken breast strips
- 2 zucchini
- 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

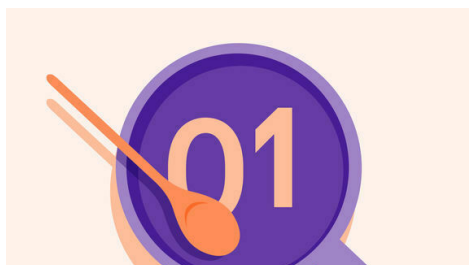
Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

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 740kcal, Fat 48g, Carbs 45g, Protein 43g

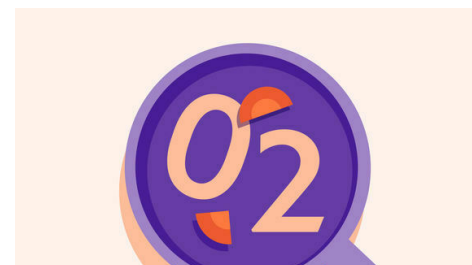


1. Prep ingredients

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

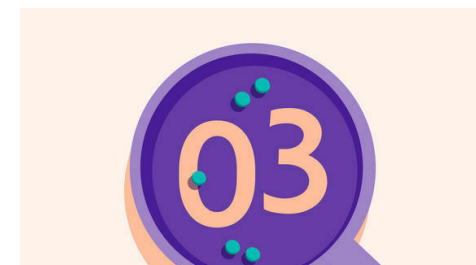
Pat **chicken** dry; season all over with **salt** and **pepper**. Scrub **zucchini**, then thinly slice on an angle.

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



2. Toast panko

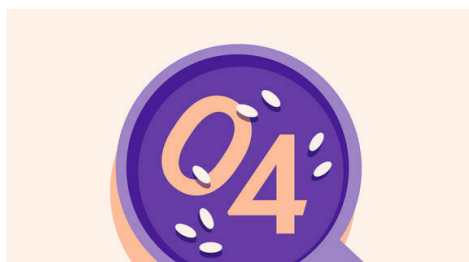
Heat **2 tablespoons oil** in a small nonstick skillet over medium-high. Add **panko** and toast, stirring frequently, until golden brown, 2–3 minutes. Transfer to a medium bowl to cool slightly; stir in **1 teaspoon granulated garlic** until combined.



3. Bread chicken

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

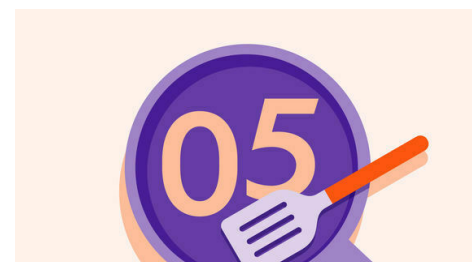
In a 3rd medium bowl, toss **chicken** with **1 tablespoon cornstarch** until evenly coated. Dip chicken in egg, letting excess drip back into bowl. Press into **seasoned panko**, pressing to help breading adhere.



4. ZUCCHINI 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 **zucchini** with **1 tablespoon oil** and season with **salt** and **pepper**.

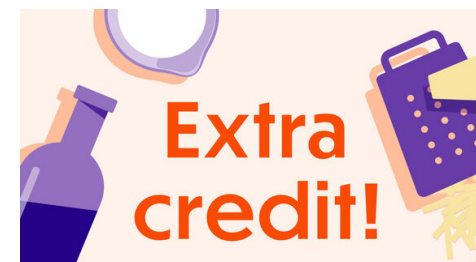
Roast on center oven rack until chicken is cooked through and zucchini is almost tender, about 10 minutes.



5. Add cheese & serve

Remove **zucchini** and **chicken** from oven; flip chicken. Gather zucchini 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 zucchini** 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.