

# DINNERLY



## Chicken-Fried Chicken & Zucchini with Mashed Potatoes



30-40min



2 Servings

True story: we had a hot discussion over at Dinnerly HQ about the definition of chicken-fried chicken. Isn't chicken-fried chicken, just, well, fried chicken? In fact, no. Chicken-fried chicken is actually a play on chicken-fried steak, not bone-in chicken. Golden, crispy, and smothered in a creamy gravy, this comforting classic will bring everyone running to the Dinnerly table. We've got you covered!

## WHAT WE SEND

- 2 potatoes
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz steak seasoning
- 2 zucchini
- 1 pkt turkey broth concentrate

## WHAT YOU NEED

- kosher salt & ground pepper
- butter <sup>7</sup>
- ½ cup milk <sup>7</sup>
- 1 large egg <sup>3</sup>
- ½ cup all-purpose flour <sup>1</sup>
- neutral oil

## TOOLS

- medium saucepan
- potato masher or fork
- rimmed baking sheet
- medium heavy skillet (preferably cast-iron)

## 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 810kcal, Fat 35g, Carbs 78g, Protein 48g



### 1. Cook mashed potatoes

Preheat oven to 450°F with a rack in the upper third. Peel **potatoes**; cut into 1-inch pieces. Add to a medium saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil. Simmer over medium-high heat, uncovered, until tender, 10–12 minutes. Drain, return to saucepan, and mash with **2 tablespoons butter** and **¼ cup milk**; season to taste.



### 2. Bread chicken

Meanwhile, pat **chicken** dry, then pound to a ½-inch thickness, if desired; season with **salt** and **pepper**.

In a shallow bowl, beat **1 large egg**, **salt**, and **pepper**. In a separate shallow bowl, whisk **½ cup flour** and **1½ teaspoons steak seasoning**. Coat chicken in seasoned flour, then dip in egg, letting excess drip back into bowl. Coat well in seasoned flour again.



### 3. ZUCCHINI VARIATION

Scrub **zucchini**, quarter lengthwise, then slice into 2-inch pieces. On a rimmed baking sheet, toss with **2 teaspoons oil** and **a pinch each of salt and pepper**. Roast on upper oven rack until well browned and tender, 12–15 minutes.



### 4. Fry chicken

Heat **¼-inch oil** in a medium skillet (preferably cast-iron) over medium-high until shimmering (see our pro tip in step 6!). Add **chicken** and fry until golden and crisp, 3–4 minutes per side (reduce heat if browning too quickly). Transfer to a paper towel-lined plate and sprinkle with **salt**. Pour off **all but 1 tablespoon oil** from skillet.



### 5. Make gravy & serve

Add **1 tablespoon flour** to same skillet and cook over medium-high heat, whisking, until just golden, about 1 minute. Gradually stir in **turkey broth concentrate**, **½ cup water**, and **¼ cup milk**. Bring to a simmer; cook until thickened, 1–2 minutes.

Serve **chicken** with **mashed potatoes** and **zucchini** alongside. Spoon **gravy** over top. Enjoy!



### 6. How to: shallow-fry!

We have some quick tricks for the perfect crunch. Make sure your oil is hot: it should reach 350°F with an oil thermometer. If you drop a pinch of flour into the oil, it should sizzle vigorously. When working in batches, always make sure your oil comes back up to temperature in between (if it's browning too quickly, reduce the heat). If too low, the chicken will turn out oily instead of crispy.