DINNERLY



Low-Carb Chicken & Crispy Green Bean "Fries"

with Garlic Aioli

30-40min 2 Servings

These crispy baked green bean "fries" won't make you miss their tater counterpart, especially when they're dipped in a homemade garlic aioli. Pair them with tender chicken breasts and a buttery pan sauce. We've got you covered!

WHAT WE SEND

- · 2 oz panko ²
- ½ lb green beans
- 10 oz pkg boneless, skinless chicken breast
- · 1/4 oz steak seasoning
- 1 oz mayonnaise 1,4
- ¼ oz granulated garlic
- · 1 lemon

WHAT YOU NEED

- 1 large egg 1
- kosher salt & ground pepper
- neutral oil
- all-purpose flour 2
- butter 3

TOOLS

- microplane or grater
- · rimmed baking sheet
- medium skillet

ALLERGENS

Egg (1), Wheat (2), Milk (3), Soy (4). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 560kcal, Fat 29g, Carbs 38g, Protein 42g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center.

In a medium bowl, whisk 1 large egg with 1 tablespoon water and a pinch each of salt and pepper.

Add **panko** to a medium bowl and season with **salt** and **pepper**.



2. Prep green beans

Drizzle oil on a rimmed baking sheet.

Toss green beans with 1 tablespoon flour, then dip in egg, letting excess drip back into bowl. Add to bowl with panko and toss to coat. Transfer to prepared baking sheet, keeping green beans separate from each other.



3. Bake green beans

Lightly drizzle **green beans** with more **oil**. Bake on center oven rack until beginning to brown, 12–15 minutes.

Meanwhile, pat **chicken** dry and season all over with **steak seasoning**.



4. CHICKEN VARIATION

Heat 1 tablespoon oil in a medium skillet over medium-high. Add chicken; cook until well browned and cooked through, 3–4 minutes per side. Transfer to cutting board.

Add ¼ cup water to same skillet. Bring to a simmer, scraping up any browned bits from the bottom. Add 1 tablespoon butter; swirl to melt.



5. Make aioli & serve

In a small bowl, combine mayo, a pinch of granulated garlic, and ½ teaspoon lemon juice. Season to taste with salt and pepper. Slice chicken, if desired.

Serve chicken with pan sauce over top and green bean fries and garlic aioli alongside. Enjoy!



6. Turn up the heat

Add some spice to this dish by adding a dash of Sriracha to the garlic aioli!