

# DINNERLY



## Baked Taco-Spiced Chicken Fingers with Broccoli & Chipotle Ranch



35min



2 Servings

How do you make something as basic as chicken fingers new and exciting? Just toast some panko with taco seasoning for a boost of flavor, then skip the grease by breading and baking the chicken in the oven. A side of roasted broccoli never hurt, especially with a smoky chipotle ranch you'll want to dunk everything in. We've got you covered!



### WHAT WE SEND

- 2 (1 oz) panko <sup>2</sup>
- ¼ oz taco seasoning
- 10 oz pkg boneless, skinless chicken breast
- ½ lb broccoli
- 1½ oz ranch dressing <sup>1,3</sup>
- ¼ oz chipotle chili powder

### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- 1 large egg <sup>1</sup>

### TOOLS

- medium skillet
- rimmed baking sheet

### ALLERGENS

Egg (1), Wheat (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 710kcal, Fat 47g, Carbs 33g, Protein 45g

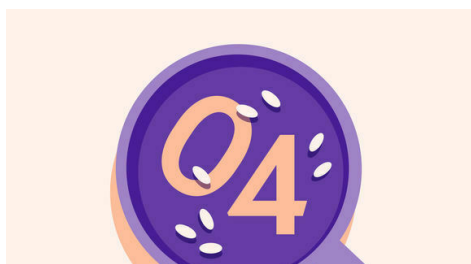


#### 1. Prep breading & chicken

Preheat oven to 450°F with a rack in the upper third.

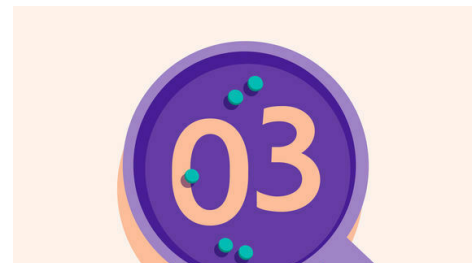
Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **all of the panko** and **a pinch each of salt and pepper**; cook, stirring, until golden-brown, 2–3 minutes. Stir in **taco seasoning** and transfer to a plate.

Pat **chicken** dry, then cut each breast lengthwise into 3 equal strips.



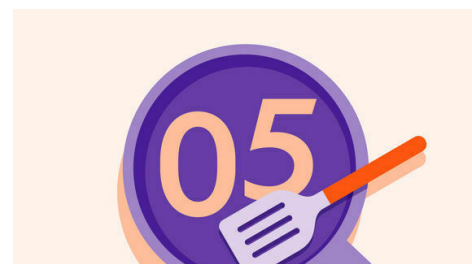
#### 4. Make chipotle ranch

While **chicken and broccoli** bake, in a small bowl, stir to combine **ranch**, **½ teaspoon chipotle chili powder** (or more according to heat preference), and **2 teaspoons oil**. Season to taste with **salt and pepper**.



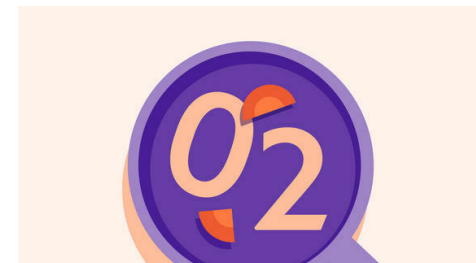
#### 2. Prep broccoli

Trim ends from **broccoli**, then cut into 1-inch florets. Toss on a rimmed baking sheet with **1½ tablespoons oil**; season with **salt and pepper**. Push to one side of baking sheet and spread into a single layer; set aside.



#### 5. Serve

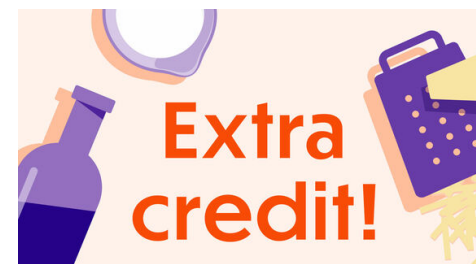
Serve **taco-spiced chicken fingers** with **roasted broccoli** alongside and **chipotle ranch** for dipping. Enjoy!



#### 3. Bread chicken & bake

In a medium bowl, beat **1 large egg**, **1 tablespoon water**, and **1 teaspoon salt**. Working in batches, dip **chicken** in egg, turning to coat; let excess egg drip back into bowl. Dredge in **panko mixture**, pressing to help breading adhere. Transfer to open side of baking sheet with **broccoli**.

Bake on upper oven rack until chicken is golden and cooked through, about 15 minutes.



#### 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.