



Chicken-Fried Chicken with Mashed Potatoes & Brussels Sprouts



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
- ½ lb Brussels sprouts
- 1 pkt turkey broth concentrate

WHAT YOU NEED

- kosher salt & ground pepper
- butter ¹
- ½ cup milk ¹
- 1 large egg ²
- ½ cup all-purpose flour ³
- neutral oil

TOOLS

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

ALLERGENS

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

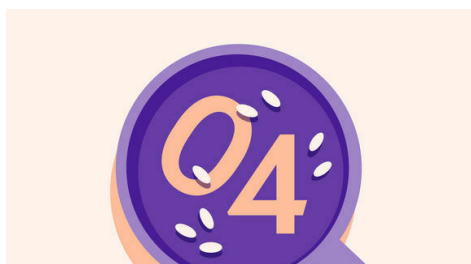
NUTRITION PER SERVING

Calories 810kcal, Fat 35g, Carbs 79g, Protein 50g



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.



4. Fry chicken

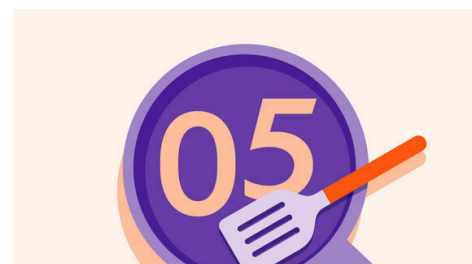
Heat **¼-inch oil** in a medium skillet (preferably cast-iron) over medium-high until shimmering (see our pro tip in step 6!). Add **chicken** and fry until golden and crisp, 3–4 minutes per side (reduce heat if browning too quickly). Transfer to a paper towel-lined plate and sprinkle with **salt**.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



2. Bread chicken

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

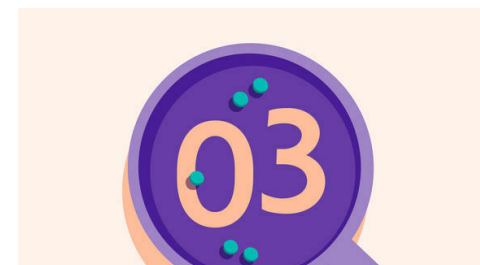
In a shallow bowl, beat **1 large egg**, **salt**, and **pepper**. In a separate shallow bowl, whisk **½ cup flour** and **1½ teaspoons steak seasoning**. Coat chicken in seasoned flour, then dip in egg, letting excess drip back into bowl. Coat well in seasoned flour again.



5. Make gravy & serve

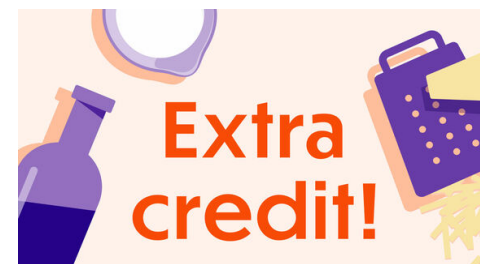
Add **1 tablespoon flour** to same skillet and cook over medium-high heat, whisking, until just golden, about 1 minute. Gradually stir in **turkey broth concentrate**, **½ cup water**, and **¼ cup milk**. Bring to a simmer; cook until thickened, 1–2 minutes.

Serve **chicken** with **potatoes** and **Brussels sprouts** alongside. Spoon **gravy** over top. Enjoy!



3. BRUSSELS VARIATION

Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large). Toss on a rimmed baking sheet with **2 tablespoons olive oil**; season with **salt** and **pepper**. Roast on upper oven rack until tender and charred in spots, 12–18 minutes.



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.