

# MARLEY SPOON



## Skillet Buffalo Chicken Fingers

with Sweet Potatoes & Ranch Roasted Broccoli



30-40min



2 Servings

"All things Buffalo-style, all of the time." Is that a saying? If not, it should be! Here, we turn juicy chicken breasts into quick-cooking strips. The chicken is coated in flour, pan-fried until crunchy, then tossed in a buttery hot sauce. It's served with roasted broccoli tossed in ranch seasoning, crispy sweet potatoes, and a drizzle of cool sour cream.



## What we send

- 1 sweet potato
- ½ lb broccoli
- 2 scallions
- 1 pkt turkey broth concentrate
- 2 oz Buffalo sauce
- ¼ oz ranch seasoning <sup>1</sup>
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz sour cream <sup>1</sup>

## What you need

- neutral oil
- kosher salt & pepper
- ⅓ cup all-purpose flour <sup>2</sup>
- butter <sup>1</sup>

## Tools

- rimmed baking sheet
- meat mallet (or heavy skillet)
- medium skillet

## Cooking tip

When frying, make sure your oil is hot: it should reach 350°F with an oil thermometer. Or drop a pinch of flour into the oil—it should sizzle vigorously. Careful, oil may splatter while frying!

## Allergens

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

## Nutrition per serving

Calories 720kcal, Fat 37g, Carbs 53g, Protein 47g



### 1. Roast sweet potatoes

Preheat oven to 450°F with a rack in the upper third. Scrub **sweet potato**, then cut crosswise into ¼-inch thick rounds. On a rimmed baking sheet, toss potatoes with **2 teaspoons oil** and season with **salt and pepper**. Roast on upper oven rack until potatoes are browned on the bottom, 12-15 minutes.



### 2. Prep veggies & hot sauce

Meanwhile, trim stem ends from **broccoli**, then cut crowns into 1-inch florets. Trim **scallions**, then thinly slice on angle. In a liquid measuring cup, stir to combine **turkey broth concentrate, Buffalo sauce**, and **¼ cup water**. Set aside until step 6.



### 3. Roast broccoli & potatoes

Use a spatula to carefully flip **potatoes** and push to one side of the baking sheet. Add **broccoli** to empty side of baking sheet and toss with **2¼ teaspoons ranch seasoning**, **1 tablespoon oil**, and **a pinch each of salt and pepper**. Roast on upper oven rack until broccoli and potatoes are tender and browned in spots, 8-10 minutes.



### 4. Prep & dredge chicken

Pat **chicken** dry, then pound with a meat mallet or skillet to an even ½-inch thickness. Cut each breast lengthwise into 3 strips (6 total). In a medium bowl, stir to combine **⅓ cup flour**, **¾ teaspoon salt**, and **a few grinds of pepper**. Add chicken and toss carefully to coat, gently pressing to help flour adhere. Tap excess flour from chicken and transfer to a plate, discarding flour.



### 5. Pan-fry chicken

Heat **2 tablespoons oil** in a medium skillet over medium-high until shimmering. Add **chicken strips** (should sizzle vigorously), and cook until golden and cooked through, 2-3 minutes per side. Transfer to a paper-towel lined plate to drain. Rinse out and reserve skillet. In a small bowl, thin **sour cream** by mixing in **1 teaspoon water** at a time, as needed; season to taste.



### 6. Make hot sauce & serve

Add **hot sauce mixture** to reserved skillet and cook over medium heat until warmed through, but not boiling, 1-2 minutes. Remove from heat and whisk in **1 tablespoon butter** until melted. Add **chicken**, turning to coat in sauce. Serve **Buffalo chicken** with **sweet potatoes and broccoli** alongside. Drizzle **sour cream** over **chicken**, then garnish with **sliced scallions**. Enjoy!