



Southern Fried Chicken Tenders

with Creamy Grits & Collard Greens



30-40min



2 Servings

We made crispy, bone-in fried chicken more convenient and weeknight-friendly by turning boneless, skinless chicken breasts into fried chicken "tenders." They're quick cooking, less of a mess, and universally appealing! Creamy grits and collard greens are classic accompaniments, and the sweet, tangy apricot sauce tops of the (already pretty perfect) plate.

What we send

- 1 bunch collard greens
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz Cajun seasoning
- 3 oz grits
- 1 oz cream cheese ⁷
- 1 pkg all-purpose flour ¹
- 3 (½ oz) apricot preserves

What you need

- kosher salt & pepper
- 2 large eggs ³
- neutral oil
- sugar
- red wine vinegar

Tools

- small saucepan
- large skillet
- small skillet

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 940kcal, Fat 39g, Carbs 95g, Protein 60g



1. Prep ingredients

In a small saucepan, combine **2 cups water** and **½ teaspoon salt**; bring to a boil over high heat. Trim ends from **half of the collard greens** (save rest for own use); thinly slice **stems** crosswise, and cut **leaves** into bite-size pieces. Pat **chicken** dry and cut lengthwise into 1-inch wide strips. Season chicken with **1½ teaspoons of the Cajun spice** and a **pinch of salt**.



4. Cook collard greens

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **collard green leaves and stems** and cook, stirring, until wilted, 1–2 minutes. Add **2 tablespoons water** and season with **salt and pepper**. Cook until greens are bright green and tender and water is evaporated, 2–3 minutes. Transfer to a small bowl and cover to keep warm. Wipe out skillet.



2. Cook grits

Stir **grits** into boiling **salted water**. Reduce heat to low and cook, stirring occasionally to prevent sticking, until grains are tender, about 7 minutes. Stir in **cream cheese**, and season with **salt and pepper**. Cover to keep warm until ready to serve.



5. Fry chicken

Heat **¼ inch oil** in same skillet over medium-high. When **oil** is hot (it should sizzle vigorously when a **pinch of flour** is added), add **chicken** and cook, turning occasionally, until golden, crisp, and cooked to 165°F internally (reduce heat if browning too quickly), about 2–3 minutes per side. Transfer to a paper towel-lined plate and sprinkle with **salt**.



3. Bread chicken

Beat **2 large eggs** with a **pinch of salt** in a medium bowl. Place **¾ cup flour** in a second medium bowl; season with **salt**. Working in batches, dredge **chicken strips** in flour, then dip into egg, letting excess drip into the bowl. Dredge chicken again, first in flour again, then egg, and finishing in flour.



6. Make sauce & serve

In a small skillet, combine **apricot preserves**, **2 tablespoons vinegar**, **1 teaspoon sugar**, and **1 tablespoon water**. Bring to a simmer over medium-high heat; cook, whisking, about 1 minute, or until sugar is dissolved. Serve **grits** topped with **collard greens** and **fried chicken**. Drizzle **sauce** over the top. Enjoy!