

# MARLEY SPOON



## Skillet Buffalo Chicken Fingers

with 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 and a drizzle of cool sour cream.



## What we send

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

## What you need

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

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

## Nutrition per serving

Calories 630kcal, Fat 37g, Carbs 31g, Protein 48g



### 1. Preheat oven

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



### 2. Prep veggies & hot sauce

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

On a rimmed baking sheet toss **broccoli** with **2¼ teaspoons ranch powder**, **1 tablespoon oil**, and a **pinch each of salt and pepper**. Roast on upper oven rack until broccoli is 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 **broccoli** alongside. Drizzle **sour cream** over **chicken**, then garnish with **sliced scallions**. Enjoy!