

DINNERLY



Low-Cal Crispy Fried Chicken Tenders with Green Bean & Corn Succotash



30-40min



2 Servings

We're bringing you crispy fried chicken in a flash, and guess what? It doesn't involve a Colonel or a bucket. We know what you're thinking...homemade fried chicken on a weeknight? Stay with us. We made it hassle free by turning chicken breasts into "tenders"—they're quicker cooking, less of a mess, and universally appealing! With a veggie-heavy succotash side, it's a winner, winner chicken dinner! We've got you covered!

WHAT WE SEND

- ½ lb green beans
- ½ lb pkg chicken breast strips
- ½ oz honey
- 5 oz corn

WHAT YOU NEED

- kosher salt & ground pepper
- 1 large egg ¹
- ¾ cup all-purpose flour ³
- butter ²
- neutral oil

TOOLS

- large skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 590kcal, Fat 27g, Carbs 60g, Protein 38g



1. Prep ingredients

Trim stem ends from **green beans**, then cut into 1-inch pieces.

Pat **chicken** dry.

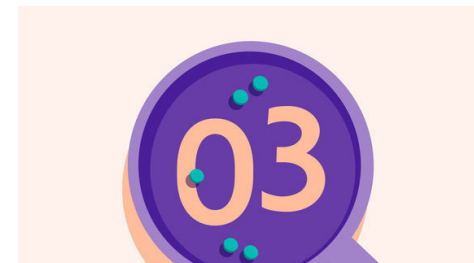
In a small bowl, stir to combine **honey** and **a pinch of pepper**. Season to taste with **salt** and set aside until ready to serve.



2. Bread chicken

In a medium bowl, whisk **1 large egg**, **2 tablespoons water**, and **½ teaspoon salt**.

In a second medium bowl, stir to combine **¾ cup flour** and **½ teaspoon salt**. In batches, press **chicken** into flour to evenly coat, then into egg. Lift chicken, letting excess egg drip back into bowl. Repeat process for a second layer (flour, then egg, then finishing in flour). Set aside until step 4.



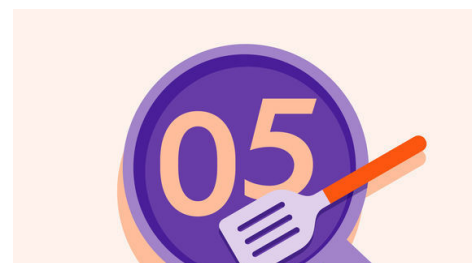
3. Make succotash

Heat **1 tablespoon butter** in a large skillet over medium-high. Add **green beans** and cook, stirring occasionally, until crisp-tender and browned in spots, about 3 minutes. Add **corn** and cook until tender, about 1 minute. Season to taste with **salt** and **pepper**. Transfer to a bowl and cover to keep warm until ready to serve. Wipe out skillet.



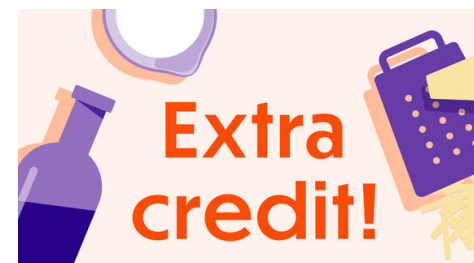
4. Fry chicken

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



5. Finish & serve

Serve **crispy fried chicken tenders** with **green bean and corn succotash** alongside. Drizzle **chicken** with as much **black pepper honey** as desired. Enjoy!



6. How to: Shallow-Fry!

Pssst! We have a couple tricks for ensuring your shallow-fry yields the perfect crunch. First, make sure your oil is hot, hot, hot (if you drop a pinch of batter into the oil, it should sizzle vigorously). Second, when working in batches, always make sure your oil comes back up to temperature between frying.