

DINNERLY



Baked Popcorn Chicken with Smashed Potatoes

Green Beans & Honey BBQ Sauce



1h



2 Servings

We're ending the stigma right here, right now. Your popcorn chicken doesn't have to be covered in grease. Any intrusive thought that's told you otherwise is wrong. Your oven can get them just as crispy on the outside and tender on the inside, so no need to stay away from your fave food anymore. Plus, smashed potatoes are the new French fry—you've heard it here first! We've got you covered!

WHAT WE SEND

- 2 potatoes
- ½ lb pkg chicken breast strips
- ½ lb green beans
- 2 oz panko ¹
- ¼ oz granulated garlic
- 2 oz barbecue sauce
- ½ oz honey

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- all-purpose flour ¹
- 1 large egg ²

TOOLS

- rimmed baking sheet
- microwave
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 750kcal, Fat 28g, Carbs 94g, Protein 40g



1. Prep potatoes

Preheat oven to 450°F with a rimmed baking sheet on a rack in the bottom.

Scrub **potatoes**. Place in a microwave-safe dish and microwave on high for 5 minutes. Flip potatoes; continue to microwave until easily pierced through the center with a knife, 3–7 minutes more. Set aside until cool enough to handle, then cut into 2-inch pieces.



2. Smash potatoes & prep

Generously **oil** half of the preheated baking sheet (careful, will be very hot). Add **potatoes** and gently smash; season with **salt** and **pepper** and drizzle with **oil**. Cook on bottom oven rack, 20–27 minutes.

Meanwhile, pat **chicken** dry; season all over with **salt** and **pepper**. Toss in a medium bowl with **1 tablespoon flour** until coated.

Trim **green beans**, if desired.



3. Prep breading

Heat **2 tablespoons oil** in a medium nonstick skillet over medium-high. Add **panko**; toast, stirring, until golden-brown, 2–3 minutes. Transfer to a second medium bowl to cool; stir in **1 teaspoon granulated garlic**. Reserve skillet.

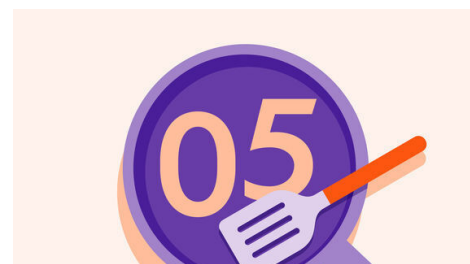
In a third medium bowl, beat **1 large egg** and **a pinch each of salt and pepper**.



4. Bread & bake chicken

Dip **chicken** in **egg**; let excess drip back into bowl. Add to bowl with **panko**; press to help breading adhere.

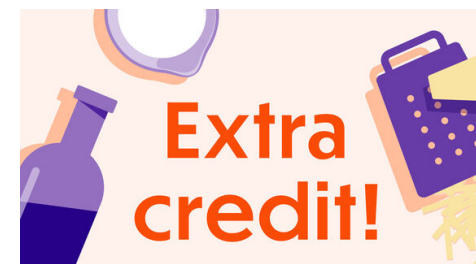
Generously **oil** open side of baking sheet with **potatoes**. Add chicken; drizzle more **oil** over top. Cook on bottom oven rack until nearly cooked through, about 10 minutes. Flip chicken; continue cooking until chicken and potatoes are browned, 5–7 minutes more.



5. Finish & serve

Heat **1 tablespoon oil** in reserved skillet over medium-high. Add **green beans**; cook, stirring occasionally, until softened and browned in spots, about 5 minutes. Season to taste with **salt** and **pepper**. In a small bowl, combine **barbecue sauce** and **honey**.

Serve **popcorn chicken** with **potatoes**, **green beans**, and **honey barbecue sauce** alongside for dipping. Enjoy!



6. Smashing!

You can smash the potatoes by pressing down with a potato masher, a large fork, or the back of a measuring cup.