

DINNERLY



Crispy Parm Chicken Fingers & Green Beans

with BBQ Ranch Dip



20-30min



2 Servings

When I dip, you dip, we dip...Is it just us or are you mentally singing this while dunking these golden crispy tenders with roasted green beans into the tangy BBQ ranch dip? We're making this our dinnertime anthem tonight and the rest of the week. We've got you covered!

WHAT WE SEND

- ½ lb green beans
- ¾ oz Parmesan ²
- 2 oz panko ³
- ½ lb pkg chicken breast strips
- 2 oz barbecue sauce
- 1 pkt ranch dressing ^{1,2}

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- 1 large egg ¹
- neutral oil

TOOLS

- grater or microplane
- rimmed baking sheet
- medium 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 630kcal, Fat 39g, Carbs 43g, Protein 38g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Trim stem ends from **green beans**. Finely grate **1 teaspoon garlic**. Finely grate **Parmesan**, if necessary

In a shallow bowl, stir to combine **panko** and **grated Parmesan**; season with **salt** and **pepper**.

Pat **chicken** dry.



2. Bread chicken

In a medium bowl, whisk to combine **grated garlic**, **1 large egg**, **1 tablespoon water**, and **½ teaspoon salt**.

Working in batches, dip **chicken** into **egg mixture**, turning to coat; let excess egg drip back into bowl. Dredge in **panko mixture**, pressing to help breading adhere. Transfer to a plate and set aside for step 4.



3. GREEN BEANS VARIATION

On a rimmed baking sheet, toss **green beans** with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack until browned in spots and tender, 7–9 minutes.



4. Pan-fry chicken fingers

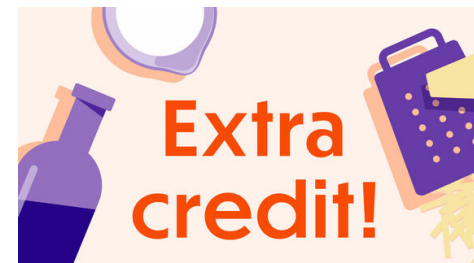
While **green beans** roast, heat **¼-inch oil** in a medium skillet over medium-high until shimmering (see step 6!). Working in batches, add **chicken** and pan-fry until golden-brown and cooked through, 2–3 minutes per side (reduce heat if browning too quickly). Transfer to a paper towel-lined plate to drain.



5. Make sauce & serve

In a small bowl, whisk to combine **ranch dressing** and **barbecue sauce**.

Serve **crispy Parm chicken fingers** with **green beans** and **BBQ ranch dip** alongside. Enjoy!



6. How to: Shallow fry!

We have some quick tricks for the perfect crunch! Make sure your oil is hot: it should reach 350°F with an oil thermometer. If you drop a pinch of flour or panko into the oil, it should sizzle vigorously. When working in batches, make sure your oil comes back up to temperature in between (if browning too quickly, reduce the heat). If too low, the chicken will turn out oily instead of crispy.