

DINNERLY



Low-Carb Chicken & Crispy Green Bean "Fries"

with Garlic Aioli



30-40min



2 Servings

These crispy baked green bean "fries" won't make you miss their tater counterpart, especially when they're dipped in a homemade garlic aioli. Pair them with tender chicken breasts and a buttery pan sauce. We've got you covered!

WHAT WE SEND

- 2 oz panko ²
- ½ lb green beans
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz steak seasoning
- 1 oz mayonnaise ^{1,4}
- ¼ oz granulated garlic
- 1 lemon

WHAT YOU NEED

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

TOOLS

- microplane or grater
- rimmed baking sheet
- medium skillet

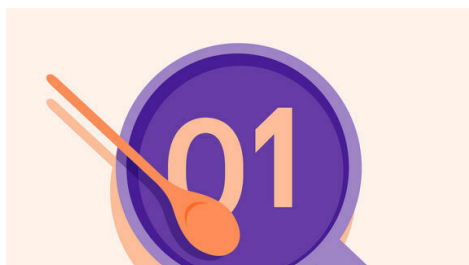
ALLERGENS

Egg (1), Wheat (2), Milk (3), Soy (4). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 560kcal, Fat 29g, Carbs 38g, Protein 42g

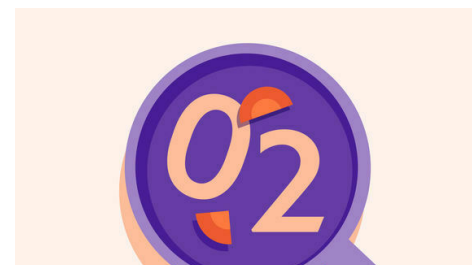


1. Prep ingredients

Preheat oven to 425°F with a rack in the center.

In a medium bowl, whisk 1 **large egg** with 1 **tablespoon water** and a **pinch each of salt and pepper**.

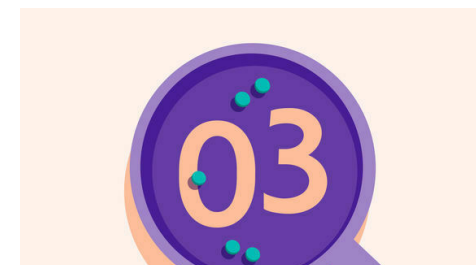
Add **panko** to a medium bowl and season with **salt** and **pepper**.



2. Prep green beans

Drizzle **oil** on a rimmed baking sheet.

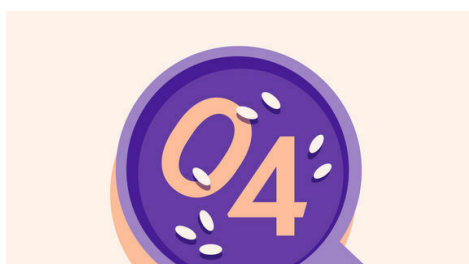
Toss **green beans** with 1 **tablespoon flour**, then dip in **egg**, letting excess drip back into bowl. Add to bowl with **panko** and toss to coat. Transfer to prepared baking sheet, keeping green beans separate from each other.



3. Bake green beans

Lightly drizzle **green beans** with more **oil**. Bake on center oven rack until beginning to brown, 12–15 minutes.

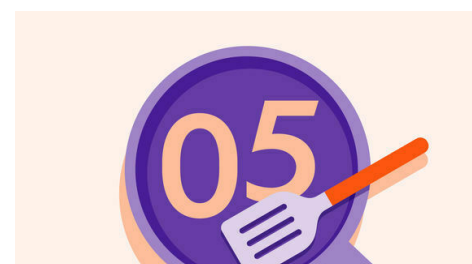
Meanwhile, pat **chicken** dry and season all over with **steak seasoning**.



4. CHICKEN VARIATION

Heat 1 **tablespoon oil** in a medium skillet over medium-high. Add **chicken**; cook until well browned and cooked through, 3–4 minutes per side. Transfer to cutting board.

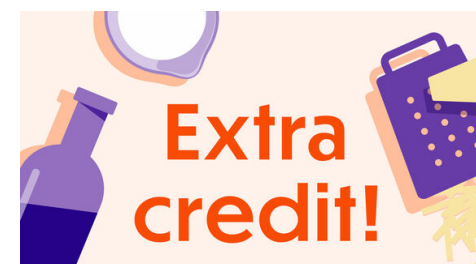
Add ¼ **cup water** to same skillet. Bring to a simmer, scraping up any browned bits from the bottom. Add 1 **tablespoon butter**; swirl to melt.



5. Make aioli & serve

In a small bowl, combine **mayo**, a **pinch of granulated garlic**, and ½ **teaspoon lemon juice**. Season to taste with **salt** and **pepper**. Slice **chicken**, if desired.

Serve **chicken with pan sauce** over top and **green bean fries** and **garlic aioli** alongside. Enjoy!



6. Turn up the heat

Add some spice to this dish by adding a dash of Sriracha to the garlic aioli!