



## Chicken Fried Chicken & Gravy

with Mashed Sweet Potatoes & Green Beans



30-40min



2 Servings

For a spin on the classic Southern dish chicken fried steak, we swap out the steak for juicy chicken breasts. It's chicken fried chicken! The quick-cooking breasts are dredged in flour and shallow fried, creating a crisp golden crust. We smother the chicken in a creamy white gravy and serve it alongside mashed sweet potatoes and tender green beans.



## What we send

- 2 sweet potatoes
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz steak seasoning
- ½ lb green beans
- 3 oz mascarpone<sup>3</sup>
- 1 pkt chicken broth concentrate
- ¼ oz fresh chives

## What you need

- kosher salt & ground pepper
- 1 large egg<sup>1</sup>
- ½ c + 2 tsp AP flour<sup>2</sup>
- neutral oil
- butter<sup>3</sup>

## Tools

- medium saucepan
- rimmed baking sheet
- medium skillet
- potato masher or fork

## Allergens

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

## Nutrition per serving

Calories 1090kcal, Fat 73g, Carbs 69g, Protein 54g



### 1. Cook sweet potatoes

Preheat oven to 450°F with a rack in the upper third. Peel **sweet potatoes**, then cut into 1-inch pieces. Place in a medium saucepan. Add enough **salted water** to cover by 1 inch. Cover and bring to a boil. Uncover and reduce heat to a simmer. Cook until easily pierced with a fork, about 11-13 minutes. Drain potatoes and return to saucepan. Cover to keep warm until step 6.



### 4. Fry chicken

Heat **¼ inch oil** in a medium skillet over medium-high until shimmering. Add **chicken** (should sizzle vigorously when added), and cook, turning occasionally, until golden, crisp, and cooked through, about 3-4 minutes per side (if browning too quickly, reduce heat). Transfer to a paper towel-lined plate and sprinkle with **salt**.



### 2. Bread chicken

Meanwhile, pat **chicken** dry, then season all over with **salt** and **pepper**. In a shallow bowl, beat **1 large egg** with **a pinch each of salt and pepper**. In a second shallow bowl, combine **½ cup flour** and **1½ teaspoons steak seasoning**. Coat chicken in flour, then dip in egg. Let excess egg drip off, then repeat in flour.



### 5. Make gravy

Carefully, pour off **all but 1 tablespoon of the frying oil**, leaving any browned bits from chicken in the skillet. Heat skillet over medium-high. Whisk in **2 teaspoons flour** and cook until toasted, about 1 minute. Gradually stir in **mascarpone, chicken broth concentrate**, and **½ cup water**. Bring to a simmer and cook until gravy is thickened, about 1-2 minutes.



### 3. Roast green beans

Trim **green beans**. On a rimmed baking sheet, toss green beans with **2 teaspoons oil** and **a pinch each of salt and pepper**. Roast on upper oven rack until well browned and tender, about 12-15 minutes.



### 6. Mash potatoes & serve

Return saucepan with **sweet potatoes** to medium heat. Add **2 tablespoons butter**, then mash with a potato masher or fork until creamy and smooth. Season to taste with **salt** and **pepper**. Thinly slice **chives**.

Serve **fried chicken** with **mashed sweet potatoes** and **green beans** alongside. Pour **gravy** over top. Sprinkle with **chives**. Enjoy!