

DINNERLY



Low-Carb Crispy Chicken Fingers & Green Beans

with Dijonnaise



20-30min



2 Servings

It doesn't matter who you are—kid, adult, Beyoncé, the prime minister—you like chicken fingers, and we know it. In this recipe, skip the breading "stations" and acquaint yourself with a sealable plastic bag and the shake-n-cook method—the process has never been easier (or cleaner). And those broiled green beans? They're basically fries, so dip away in that mustard-mayo goodness. We've got you covered!

WHAT WE SEND

- ½ lb green beans
- ½ lb pkg chicken breast strips
- 2 pkts Dijon mustard
- 2 oz mayonnaise ^{2,3}
- 2 oz panko ¹

WHAT YOU NEED

- kosher salt & ground pepper
- ¼ cup all-purpose flour ¹
- 1 large egg ²
- olive oil

TOOLS

- large heavy skillet (preferably cast-iron)
- rimmed baking sheet

COOKING TIP

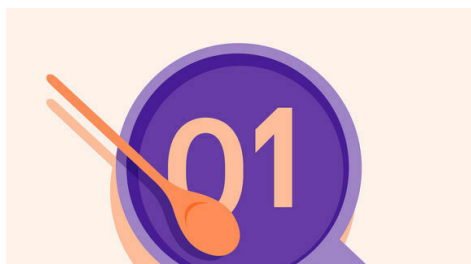
See step 6 for detailed frying tips!

ALLERGENS

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

NUTRITION PER SERVING

Calories 720kcal, Fat 50g, Carbs 40g, Protein 36g

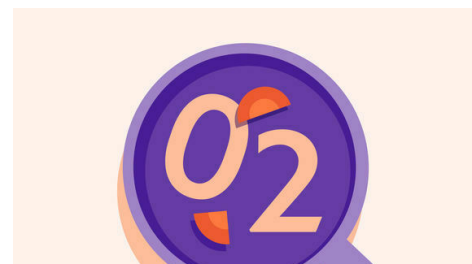


1. Prep ingredients & sauce

Trim stem ends from **green beans**.

Pat **chicken** dry.

In a small bowl, stir to combine **mustard** and **mayonnaise**; season to taste with **salt** and **pepper**.

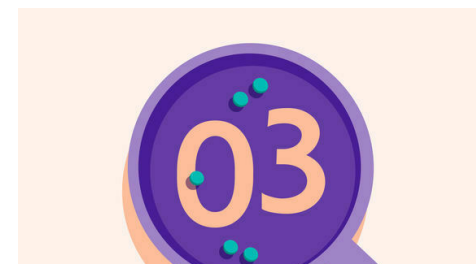


2. Season flour & egg

In a large sealable bag, combine ¼ cup **flour**, ½ **teaspoon salt**, and a **few grinds of pepper**.

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

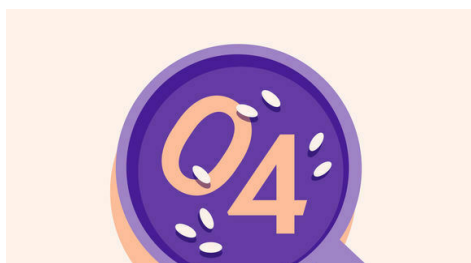
Place **chicken** in bag with flour; seal and shake to coat.



3. Bread chicken

Remove **chicken fingers** from bag and transfer to bowl with **egg**, turning to coat.

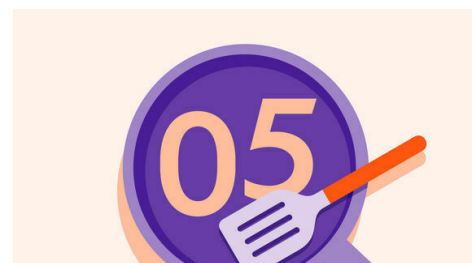
Discard **flour**, then add **panko** and a **pinch each of salt and pepper** to same bag. Lift chicken fingers from egg, letting excess drip back into bowl, and transfer to bag with panko. Seal and shake to coat. Transfer chicken fingers to a plate, pressing to help panko adhere; discard bag.



4. Pan-fry chicken fingers

Preheat broiler with a rack in the top position.

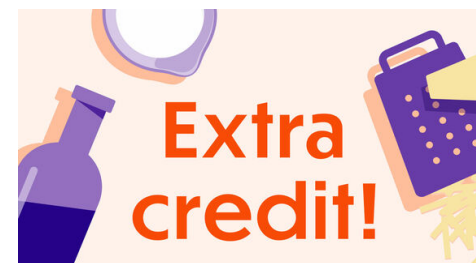
Heat ¼ **inch oil** in a large heavy skillet (preferably cast-iron) over medium-high. Working in batches if necessary, add **chicken fingers** in a single layer and fry, turning occasionally, until deep golden and cooked through, 4–6 minutes (carefully as oil may splatter; see step 6!). Transfer to a paper towel-lined plate to drain.



5. Broil green beans & serve

On a rimmed baking sheet, toss **green beans** with 1 **teaspoon oil** and a **pinch each of salt and pepper**. Broil on top rack until tender and charred in spots, about 4 minutes (watch closely as broilers vary).

Serve **chicken fingers** alongside **broiled green beans**, and with **dijonnaise sauce** on the side for dipping. 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 into the oil, it sizzles vigorously. When working in batches, always make sure your oil comes back up to temperature between batches (if it's browning too quickly, reduce the heat). If too low, the chicken will turn out oily instead of crispy.