



Crispy Parm Chicken Tenders

with Sweet Potato Wedges & BBQ-Ranch Dip



30-40min



2 Servings

Parmesan and panko breadcrumbs are the perfect combo for coating tender chicken breast strips—the result is a nutty, crispy breading, just waiting to be dipped into tangy, sweet BBQ-ranch sauce. Served with roasted sweet potato wedges and broccoli to balance out the plate. This dish has "picky eater proof" written all over it!

What we send

- 2 sweet potatoes
- ½ lb broccoli
- ¾ oz Parmesan ⁷
- garlic
- 10 oz pkg chicken breast strips
- 1 oz panko ¹
- 1 oz mayonnaise ^{3,6}
- 2 oz barbecue sauce
- ¼ oz ranch seasoning ⁷

What you need

- neutral oil
- kosher salt & pepper
- 1 large egg ³

Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

Nutrition per serving

Calories 910kcal, Fat 47g, Carbs 82g,
Protein 49g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below
to match your recipe choices.
Happy cooking!

1. Roast sweet potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **sweet potatoes**, then cut lengthwise into ¼-inch thick wedges; transfer to a rimmed baking sheet. Toss potatoes with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on lower oven rack until potatoes are deeply golden underneath, 12–15 minutes.



4. Roast broccoli

Flip **sweet potatoes** and push to one side of baking sheet. Add **broccoli** to other side and carefully toss with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on lower oven rack until broccoli is tender and browned in spots, and potatoes are tender, golden, and crisp underneath, 8–10 minutes.



2. Prep ingredients

Cut **broccoli** into 1-inch florets, if necessary. Finely grate **Parmesan**. Finely grate **1 teaspoon garlic** into a medium bowl, then add **1 large egg**, **1 tablespoon water**, and **½ teaspoon salt**; beat to combine.



5. Pan-fry chicken

Meanwhile, heat **¼ inch oil** in a medium skillet over medium-high. When oil is hot (it should sizzle when a pinch of panko is added), add **chicken** in batches and cook, turning once, until golden, crisp, and cooked through (reduce heat if browning too quickly), 2–3 minutes per side. Transfer to a paper towel-lined plate.



3. Coat chicken

Pat **chicken** dry. In a shallow bowl, combine **panko** and **Parmesan**; season with **salt** and **pepper**. Working in batches, dip chicken into **egg**, letting excess drip back into the bowl, then press into Parmesan mixture, tapping off excess. Transfer to a plate.



6. Make sauce & serve

In a small bowl, whisk to combine **mayonnaise**, **half of the barbecue sauce**, and **1½ teaspoons ranch seasoning**. Serve **crispy Parmesan chicken tenders** with **broccoli**, **sweet potatoes**, and **dipping sauce** alongside. Enjoy!