



Fried Chicken Breast with Mac & Cheese

& Buttermilk Poppy Slaw



30-40min



2 Servings

Fried chicken typically requires hours—if not days—to prepare. Our love for the crispy, juicy chicken inspired us to create a classic comfort-food meal suited for busy weeknights. Accompanied by a fast stovetop mac & cheese that uses starchy pasta water and cheese to create a classic creamy mac, and a tangy coleslaw studded with toasted poppy seeds. You can have this fried chicken dinner whenever you want!

What we send

- 4 oz elbow macaroni ¹
- 2 oz shredded cheddar-jack blend ³
- 1 oz cream cheese ³
- ¼ oz poppy seeds
- 1 oz mayonnaise ^{2,4}
- 1 oz buttermilk powder ³
- 14 oz cabbage blend
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz Cajun seasoning
- ¼ oz baking soda

What you need

- kosher salt & ground pepper
- sugar
- apple cider vinegar (or white wine vinegar)
- 1 c all-purpose flour ¹
- 1 large egg ²
- neutral oil

Tools

- small saucepan
- large heavy skillet (preferably cast-iron)
- meat mallet (or heavy skillet)

Allergens

Wheat (1), Egg (2), Milk (3), Soy (4).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1140kcal, Fat 59g, Carbs 95g, Protein 64g



1. Make mac & cheese

In a small saucepan, combine **pasta**, **1 cup water**, and a **pinch of salt**; bring to a boil over high heat, stirring to prevent pasta from sticking. Reduce heat to medium-low; cook, stirring occasionally, until pasta is al dente and water has reduced by half, 6-7 minutes. Add **cheddar** and **half of the cream cheese**; stir until cheese is melted and sauce is smooth. Cover to keep warm.



4. Dredge chicken

In a medium bowl, combine **Cajun seasoning**, **remaining buttermilk powder**, **1 cup flour**, and **1 teaspoon baking soda**. In a 2nd medium bowl, whisk together **1 large egg** and **¼ cup water**. Stir 1 tablespoon egg mixture into seasoned flour until small clumps form. Coat **each piece of chicken** in seasoned flour, dip into egg, let excess drip into bowl, and coat well in seasoned flour again.



2. Make buttermilk dressing

In a medium bowl, whisk in **mayonnaise**, **poppy seeds**, **remaining cream cheese**, **1 tablespoon each of buttermilk powder and water**, **1½ tablespoons sugar**, **2 teaspoons vinegar**, and **½ teaspoon salt**.



5. Fry chicken

Heat **¼-inch oil** in a large heavy skillet (preferably cast-iron) over medium-high until shimmering (oil should sizzle vigorously when a pinch of flour is added). Add **chicken** and cook until golden and crisp all over, and chicken is cooked through, 3-5 minutes per side (reduce heat if browning too quickly). Transfer to a paper towel-lined plate; season lightly with **salt**.



3. Pound chicken

Add **shredded cabbage blend** to **buttermilk dressing** and toss to coat. Season to taste with **salt** and **pepper**. Refrigerate **slaw** until step 6.

Place **chicken** between 2 sheets of plastic wrap. Use a meat mallet (or heavy skillet) to pound each piece to an even ¼-inch thickness. Cut each piece in half, then season all over with **salt** and **pepper**.



6. Finish & serve

Heat **mac & cheese** over medium-low heat, stirring constantly, until warm. Stir in water to loosen, 1 tablespoon at time if necessary, until glossy and smooth. Season to taste with **salt** and **pepper**. Serve **fried chicken** with **slaw** and **mac & cheese** alongside. Enjoy!