

DINNERLY



LOW CARB

PICKY EATER
PROOF

Oven-Fried Popcorn Chicken with Creamy Avocado Dipping Sauce



30-40min



2 Servings

This isn't Colonel Sanders' popcorn chicken. It's better (duh)! Baked to crispy perfection, these nuggets are ready for popping in a flash. And, we 100% encourage all double-dipping and finger-licking when it comes to this creamy, tangy avocado sauce. We've got you covered!

WHAT WE SEND

- ½ lb pkg boneless, skinless chicken breasts
- ½ lb green beans
- 2 oz panko ^{1,6}
- garlic (use 1 large clove)
- 2 pkts sour cream ⁷
- 2 oz pkt guacamole

WHAT YOU NEED

- kosher salt & ground pepper
- 1 large egg ³
- olive oil
- white wine vinegar (or apple cider vinegar) ¹⁷

TOOLS

- medium skillet
- rimmed baking sheet

ALLERGENS

Wheat (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630kcal, Fat 37g, Carbs 34g, Proteins 34g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Pat **chicken** dry and cut into 1-inch pieces; season all over with **salt** and **pepper**. Trim and discard stem ends from **green beans**. Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **panko** and **a pinch each salt and pepper**; cook, stirring, until golden-brown, 2–3 minutes. Transfer to a shallow dish.



2. Bread & bake chicken

Generously **oil** a rimmed baking sheet. In a small bowl, beat **1 egg**, **2 tablespoons water**, and **a pinch each salt and pepper**. Dip **chicken** in egg; let excess egg drip back into bowl. Dredge in **panko**, pressing to help adhere breading. Transfer to half of baking sheet and drizzle with **oil**. Add **green beans** to other half of baking sheet; toss with **1 tablespoon oil**.



3. Bake green beans

Transfer baking sheet to upper oven rack and bake until **chicken** is golden-brown and cooked through, and **green beans** are tender, about 15 minutes.



4. Make creamy avocado sauce

Meanwhile, peel and finely chop ½ **teaspoon garlic**. In a small bowl, stir together **all of the sour cream**, **guacamole**, **chopped garlic**, ½ **teaspoon vinegar**, and **1 tablespoon water**; season to taste with **salt** and **pepper**.



5. Serve

Serve **popcorn chicken** with **green beans** alongside and **creamy avocado sauce** for dipping. Enjoy!



6. Carbo load!

Plot twist: you're reaching for your last popcorn shrimp, but there's still plenty of sauce to drink up. Enter, oven fries. Make a quick batch, by cutting a potato lengthwise into ½-inch fries. Toss on a preheated baking sheet with oil, salt, and pepper. Roast on a rack in the lower third until golden brown and crispy, 20–25 minutes.