

DINNERLY



General Tso's Chicken Fingers with Cauliflower Rice & Broccoli



20-30min



2 Servings

You know when you ask for the kids menu at a restaurant (because for some reason they've decided chicken fingers are just for kids) and then the server gives you that judgey look? Well, you don't need that kind of negativity in your life. So, we're brining you next level crispy tenders coated in a sticky combo of Thai sweet chili and tamari. We've got you covered!

WHAT WE SEND

- 12 oz cauliflower rice
- ½ lb broccoli
- ½ lb pkg chicken breast strips
- 3 oz Thai sweet chili sauce
- ½ oz tamari soy sauce ²

WHAT YOU NEED

- kosher salt
- neutral oil
- ¼ c all-purpose flour ¹

TOOLS

- medium nonstick skillet
- large skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 630kcal, Fat 39g, Carbs 51g, Protein 35g



1. CAULI RICE VARIATION

Heat **1 tablespoon oil** in a medium nonstick skillet over high. Add **cauliflower rice** and cook, stirring, until crisp-tender, about 5 minutes. Season with **salt** and **pepper**. Cover and set aside.



2. Cook broccoli

Meanwhile, cut **broccoli** into 1-inch florets, if necessary. Heat **1 tablespoon oil** in a large skillet over medium-high. Add broccoli and **a pinch of salt**; cook, stirring, until broccoli is crisp-tender and browned in spot, about 5 minutes. Transfer to a bowl and cover to keep warm. Rinse and wipe out skillet.



3. Prep & bread chicken

Pat **chicken** dry.

In a large bowl, whisk to combine **¼ cup each of flour and water** and **a generous pinch each of salt and pepper**. Add chicken to batter and toss to coat.



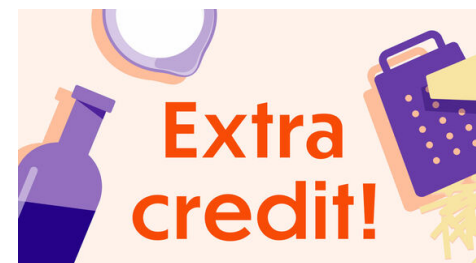
4. Cook chicken fingers

Heat **¼ inch oil** in same skillet over medium-high. Once **oil** is hot (see our pro tip in step 6!), add **half of the chicken** and cook, flipping halfway through, until deep golden brown and crisp all over, about 3 minutes per side. Transfer to a paper towel-lined plate to drain. Repeat with **remaining chicken**.



5. Finish & serve

In a large bowl, stir to combine **sweet chili sauce** and **tamari**. Add **fried chicken tenders** and gently toss to combine. Rewarm **cauliflower rice** over medium-high if needed. Serve **General Tso's chicken fingers** and **broccoli** over **cauliflower rice**. Drizzle **any remaining sauce** over top. 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 should sizzle vigorously. When working in batches, always ensure your oil comes back up to temperature between frying (if browning too quickly, reduce the heat). If heat is too low, chicken will turn out oily instead of crispy.