

MARLEY SPOON



Parm Chicken Tenders & Double the Broccoli!

with 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 broccoli to balance out the plate. This dish has "picky eater proof" written all over it!

What we send

- 1 lb broccoli
- ¾ oz Parmesan ²
- garlic
- 10 oz pkg chicken breast strips
- 1 oz panko ⁴
- 1 oz mayonnaise ^{1,3}
- 2 oz barbecue sauce
- ¼ oz ranch seasoning ²

What you need

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

Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

Allergens

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

Nutrition per serving

Calories 700kcal, Fat 47g, Carbs 31g,
Protein 47g



1. Prep ingredients

Preheat oven to 450°F with a rack in the lower third. 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.



4. 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.



2. 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.



5. 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** and **dipping sauce** alongside. Enjoy!



THIS IS A CUSTOMIZED RECIPE STEP

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

3. Roast broccoli

Add **broccoli** to a rimmed baking sheet 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, 8-10 minutes.



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.