

MARLEY SPOON



Fried Chicken & Honey Mustard

with Spinach Salad & Dill Vinaigrette



20-30min



2 Servings

There are few things tastier than fried chicken—in any form. This dish takes juicy boneless, skinless chicken breasts to the next level by dredging them in a flour mixture featuring Italian seasoning, which creates a crispy, flavorful coating. They're served with a side of sweet and tangy honey mustard, just waiting to be dipped into.

What we send

- ¼ oz fresh dill
- 2 plum tomatoes
- 1 cucumber
- 1 oz honey
- 2 pkts whole-grain mustard
- 2 oz mayonnaise ^{1,3}
- 12 oz chicken breasts
- Italian seasoning Italian seasoning (use 1 tsp)
- 3 oz baby spinach

What you need

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

Tools

- meat mallet (or skillet)
- medium heavy skillet (preferably cast-iron)

Allergens

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

Nutrition per serving

Calories 1060kcal, Fat 73g, Carbs 48g, Protein 48g



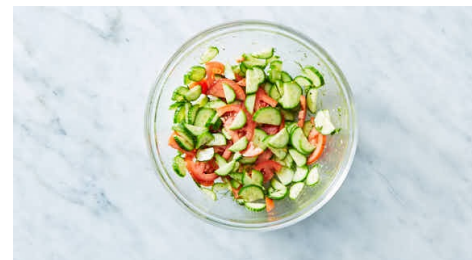
1. Make vinaigrette

Pick **half of the dill fronds** from stems, discard stems and finely chop fronds. In a medium bowl, whisk to combine **1 teaspoon vinegar, a pinch each of salt and pepper, and 2 tablespoons oil**. Stir in chopped dill.



4. Prep chicken

Pat **chicken** dry, and pound to an even ½-inch thickness. Season with **salt and pepper**. In a bowl, beat **1 large egg** with **1 tablespoon water**, and **a pinch each of salt and pepper**. In a second bowl, combine **¾ cup flour, 1 teaspoon of the Italian seasoning**, and **¼ teaspoon salt**. Coat chicken in flour, then egg, letting excess drip off. Repeat in flour, then egg, then flour.



2. Dress vegetables

Core **tomatoes**, then halve lengthwise, and cut crosswise into thin half-moons. Trim **cucumber** (peel, if desired), then halve lengthwise and thinly slice into half-moons. Add tomatoes and cucumbers to bowl with **dill vinaigrette**, and stir to coat.



5. Pan-fry chicken

Heat **¼ inch oil** in a medium heavy skillet over medium-high. When oil is hot (it should sizzle vigorously when chicken is added), add **chicken** and cook, turning occasionally, until golden and crisp (reduce heat if browning too quickly), about 4 minutes per side. Transfer to a paper towel-lined plate to drain. Season with **a pinch of salt**.



3. Make honey mustard

In a small bowl, stir to combine **all of the honey, mustard, and mayonnaise**. Season to taste with **salt and pepper**.



6. Finish & serve

Add **spinach** to bowl with **tomatoes and cucumbers**, and toss to combine. Season to taste with **salt and pepper**. Serve **fried chicken** with **spinach salad** and **honey mustard sauce** on the side. Enjoy!