

# DINNERLY



## Crispy Chicken Fingers with Honey Mustard & Green Beans



20-30min



2 Servings

It doesn't matter who you are—kid, adult, Beyoncé, the prime minister—you like chicken fingers, and we know it. In this recipe, skip the breading "stations" and acquaint yourself with a resealable plastic bag and the shake-n-cook method—the process has never been cleaner or easier. And you know what broiled green beans means? They're basically fries, so dip away in that honey-mustard-mayo goodness. We've got you covered!

## WHAT WE SEND

- ½ lb green beans
- ½ lb pkg boneless, skinless chicken breasts
- 1 oz whole-grain mustard
- ½ oz pkt honey
- 1 oz mayonnaise <sup>2,3</sup>
- 2 oz panko <sup>1</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- all-purpose flour <sup>1</sup>
- 1 large egg <sup>2</sup>
- olive oil

## TOOLS

- meat mallet (or heavy skillet)
- large heavy skillet (preferably cast-iron)
- rimmed baking sheet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 760kcal, Fat 46g, Carbs 47g, Protein 35g



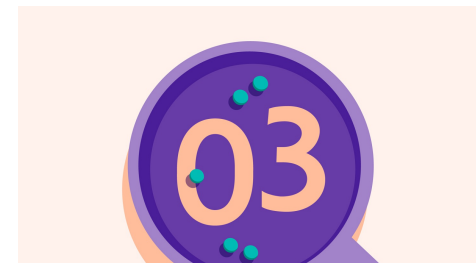
### 1. Prep ingredients & sauce

Preheat broiler with top rack 6 inches from heat source. Trim **green beans**. Pat **chicken** dry, then using a meat mallet or heavy skillet, pound to an even ½-inch thickness. Cut each breast lengthwise into 3 equal strips. In a small bowl, combine **mustard, honey, and mayonnaise**; season to taste with **salt and pepper**.



### 2. Season flour & egg

In a large resealable bag, combine ¼ cup **flour**, ½ **teaspoon salt**, and **a few grinds of pepper**. In a medium shallow bowl, lightly beat 1 **large egg** with **a pinch each of salt and pepper**. Place **chicken** in bag with flour, seal, and shake to coat.



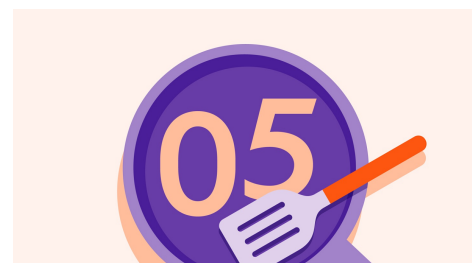
### 3. Bread chicken

Dip **chicken** in **beaten egg**, turning to coat. Discard **flour** from bag, then add **panko** and **a pinch each of salt and pepper** to same bag. Lift each piece of **chicken** from egg, letting excess egg drip back into bowl, and transfer to bag with panko. Seal and shake to coat. Transfer chicken to a plate, pressing to help panko adhere.



### 4. Cook chicken fingers

Heat ¼ **inch oil** in a large heavy skillet, preferably cast-iron, over medium-high. Working in batches if necessary, add **chicken fingers** in a single layer and cook, turning occasionally, until golden, 4–6 minutes. Drain on a paper towel-lined plate.



### 5. Broil green beans & serve

Meanwhile, on a rimmed baking sheet, toss **green beans** with 1 **teaspoon oil** and **a pinch each of salt and pepper**. Broil on top oven rack until green beans are tender and charred in spots, about 4 minutes (watch closely as broilers vary). Serve **chicken fingers** with **creamy honey mustard sauce** drizzled over or on the side for dipping, and **green beans** alongside. Enjoy!



### 6. Kids pitch-in!

Get any willing sous-chefs involved by letting them mix together the sauce in step 1, and do the shake, shake, shake in steps 2 & 3.