

DINNERLY



Oven-Fried Popcorn Chicken with Creamy Avocado Dipping Sauce



30-40min



2 Servings

This isn't Colonel Sanders' popcorn chicken. It's better (duh)! 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 ²
- garlic (use 1 medium clove)
- 2 pkts sour cream ³
- 1 pkt guacamole

WHAT YOU NEED

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

TOOLS

- medium skillet
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 580kcal, Fat 34g, Carbs 34g, Protein 35g



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 **green beans**. Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **panko** and **a pinch each of salt and pepper**; cook, stirring, until golden-brown, 2–3 minutes. Transfer to a shallow dish.



2. Bread chicken

Generously **oil** a rimmed baking sheet. In a small bowl, beat **1 large egg** and **a pinch each of salt and pepper**. Dip **chicken** in egg, letting excess egg drip back into bowl. Dredge in **panko**, pressing to help breading adhere. Place chicken on one side of the prepared baking sheet; drizzle with **oil**. Add **green beans** to other side of baking sheet; toss with **1 tablespoon oil**.



3. Bake chicken & veggies

Bake **chicken** on upper oven rack until chicken is golden brown and cooked through, and **green beans** are tender, about 15 minutes (watch closely as ovens vary).



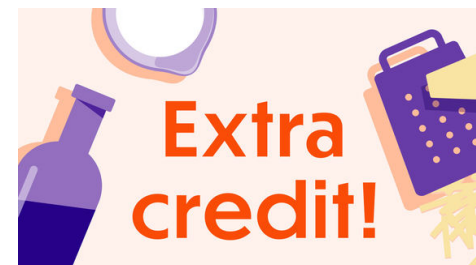
4. Make creamy avocado sauce

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** and **creamy avocado sauce** for dipping. Enjoy!



6. Carbo load!

Plot twist: you're reaching for your last popcorn chicken, but there's still plenty of sauce to soak 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 lower third of oven until golden brown and crispy, 20–25 minutes.