

# DINNERLY



## Crispy Fried Chicken Tenders

with Green Bean & Corn Succotash



30-40min



2 Servings

We're bringing you crispy fried chicken in a flash, and guess what? It doesn't involve a Colonel or a bucket. We know what you're thinking...homemade fried chicken on a weeknight? Stay with us. We made it hassle free by turning chicken breasts into "tenders"—they're quicker cooking, less of a mess, and universally appealing! With a veggie-heavy succotash side, it's a winner, winner chicken dinner! We've got you covered!

### WHAT WE SEND

- ½ lb green beans
- ½ lb pkg boneless, skinless chicken breasts
- ½ oz pkt honey
- 5 oz corn

### WHAT YOU NEED

- kosher salt & ground pepper
- 1 large egg <sup>1</sup>
- ¾ cup all-purpose flour <sup>2</sup>
- butter <sup>3</sup>
- neutral oil

### TOOLS

- large skillet

### 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 890kcal, Fat 42g, Carbs 89g, Protein 42g



#### 1. Prep ingredients

Trim stem ends from **green beans**, then cut into 1-inch pieces. Pat **chicken** dry, then cut each breast lengthwise into 3 even strips (6 total). In a small bowl, stir together **honey** and a **pinch of black pepper**. Season to taste with **salt**. Line a plate with a paper towel.



#### 2. Bread chicken

In a medium bowl, beat **1 large egg**, **2 tablespoons water**, and ½ **teaspoon salt**. Place ¾ **cup flour** in a 2nd medium bowl and season with ½ **teaspoon salt**. Working in batches, dredge **chicken** in **flour** (evenly coating), then dip in **egg**. Lift chicken, letting excess egg drip off and repeat: dipping chicken in flour, then egg, then finishing in flour. Set aside until step 4.



#### 3. Make succotash

Heat **1 tablespoon butter** in a large skillet over medium-high. Add **green beans** and cook, stirring occasionally, until crisp-tender and browned in spots, about 3 minutes. Add **corn** and cook until tender, about 1 minute. Season to taste with **salt** and **pepper**. Transfer to a bowl and cover to keep warm. Wipe out skillet.



#### 4. Fry chicken

Heat ¼ **inch oil** in the same skillet over medium-high until shimmering. When oil is hot (it should sizzle vigorously when a pinch of flour is added), add **chicken** and cook, turning occasionally, until golden and crisp (reduce heat if browning too quickly), 2-3 minutes per side. Transfer to the paper towel-lined plate and sprinkle with **salt**.



#### 5. Finish & serve

Serve **chicken** with **green bean and corn succotash** alongside. Drizzle **chicken** with as much **black pepper honey** as desired. Enjoy!



#### 6. How to: Shallow-Fry!

Pssst! We have a couple tricks for ensuring your shallow-fry yields the perfect crunch. First, make sure your oil is hot, hot, hot (if you drop a pinch of batter into the oil, it should sizzle vigorously). Second, when working in batches, always make sure your oil comes back up to temperature between frying.