

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 ^{2,3}
- 2 oz panko ¹

WHAT YOU NEED

- kosher salt & ground pepper
- ¼ cup all-purpose flour ¹
- 1 large egg ²
- olive oil

TOOLS

- 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 pound to an even ½-inch thickness, if desired. 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 **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 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.



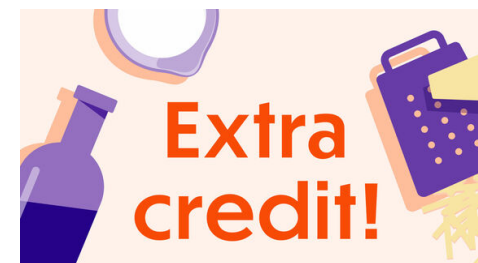
4. Cook chicken fingers

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 fry, turning occasionally, until golden, 4–6 minutes (see step 6 for our tips on shallow frying!). 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 **green beans** alongside, and with **creamy honey mustard sauce** drizzled over top or on the side for dipping. Enjoy!



6. How to: Shallow Fry!

We have some quick tricks for the perfect crunch. Make sure your oil is hot: it should reach 350°F with an oil thermometer. If you drop a pinch of flour into the oil, it sizzles vigorously. When working in batches, always make sure your oil comes back up to temperature between batches (if it's browning too quickly, reduce the heat). If too low, the chicken will turn out oily instead of crispy.