

DINNERLY



Better-than-Takeout:

Southern Fried Chicken Tenders with Slaw



30min



2 Servings

There are few pleasures in life more satisfying than tucking into a plate of fried chicken—it's one of America's favorite comfort foods (#facts). We've ditched the bucket and found an easy way to make this national treasure in a hurry. The trick to these Southern-style tenders is to triple dredge the chicken in egg and flour for a crunchy, savory coating that'll have you be like, Colonel who? We've got you covered!

WHAT WE SEND

- 2 oz snow peas
- 1 oz mayonnaise ^{1,3}
- ¼ oz pkt ranch seasoning ⁴
- shredded cabbage blend (use 4 cups)
- ½ lb pkg boneless, skinless chicken breasts
- ¼ oz pkt steak seasoning

WHAT YOU NEED

- apple cider vinegar (or white wine vinegar)
- neutral oil
- sugar
- kosher salt & ground pepper
- 1 large egg ¹
- ¾ c all-purpose flour ²

TOOLS

- medium heavy skillet (preferably cast-iron)

ALLERGENS

Egg (1), Wheat (2), Soy (3), Milk (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 780kcal, Fat 52g, Carbs 40g, Protein 34g



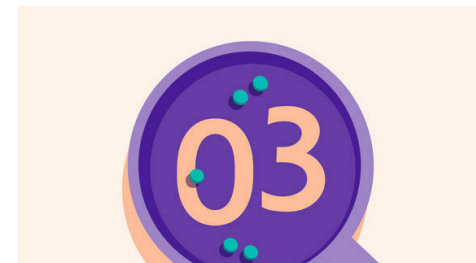
1. Make slaw

Trim **snow peas**, then thinly slice lengthwise. In a medium bowl, whisk to combine **mayonnaise, ranch seasoning, 2 teaspoons vinegar, 1 tablespoon each of oil and water, and a pinch of sugar**. Add snow peas and **4 cups cabbage blend** to **dressing**, tossing to coat; season to taste with **salt** and **pepper**. Set aside until step 5.



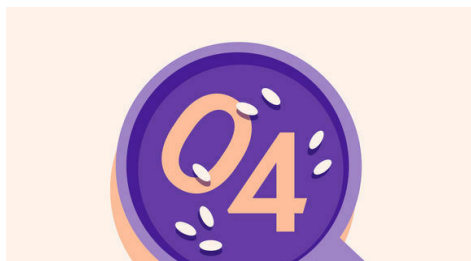
2. Prep chicken

Pat **chicken** dry, then cut each breast lengthwise into 3 even strips. In a medium bowl beat **1 large egg, 2 tablespoons water, and a pinch each of salt and pepper**. In a second medium bowl, stir to combine **¾ cup flour** and **steak seasoning**.



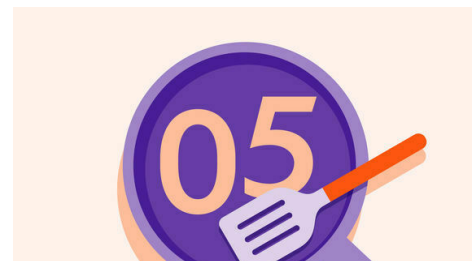
3. Bread chicken

Working in batches, coat **chicken strips** in **flour mixture**, then dip in **egg mixture**. Lift chicken, letting excess egg drip back into the bowl, then coat again in flour. Repeat dredging: dipping in egg, allowing to drip, and finishing in flour.



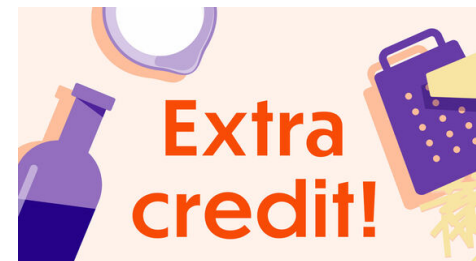
4. Fry chicken

Heat **¼ inch oil** in a medium heavy skillet (preferably cast-iron) over medium-high. When oil is hot (it should sizzle vigorously when a pinch of flour is added), add **chicken strips** and cook, turning occasionally, until golden brown and cooked through, 2-3 minutes per side. Transfer to a paper towel-lined plate to drain; sprinkle with **salt**.



5. Serve

Serve **fried chicken tenders** alongside **slaw** with **ketchup** for dipping, if desired.



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 should sizzle vigorously. When working in batches, always ensure your oil comes back up to temperature between batches (if browning too quickly, reduce the heat). If heat is too low, chicken will turn out oily instead of crispy.