

# DINNERLY



## Low-Cal 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

- 10 oz pkg boneless, skinless chicken breasts
- ½ lb green beans
- 2 oz panko <sup>1,6</sup>
- garlic
- 2 (1 oz) pkts sour cream <sup>7</sup>
- 2 oz pkt guacamole

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- 1 large egg <sup>3</sup>
- white wine vinegar (or apple cider vinegar) <sup>17</sup>

### TOOLS

- medium skillet
- rimmed baking sheet

### ALLERGENS

Wheat (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 620kcal, Fat 35g, Carbs 36g, Proteins 45g



#### 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

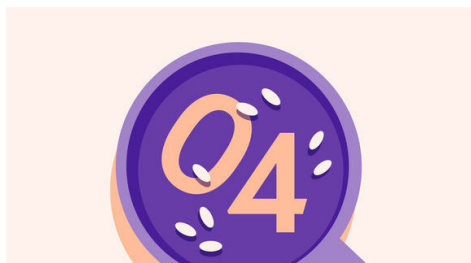
Generously **oil** a rimmed baking sheet.

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



#### 3. Bake chicken, green beans

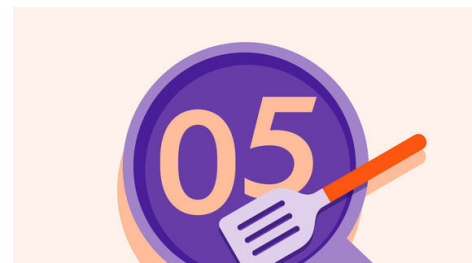
Bake **chicken and green beans** on upper oven rack until chicken is golden brown and cooked through, and green beans are tender, about 15 minutes (watch closely as ovens vary).



#### 4. Make creamy avocado sauce

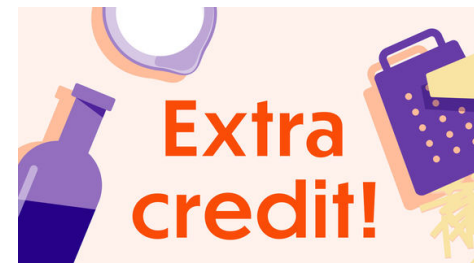
Meanwhile, peel and finely chop ½ **teaspoon garlic**.

In a small bowl, stir together **all of the sour cream, guacamole, chopped garlic, 1 tablespoon water**, and ½ **teaspoon vinegar**; 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 oven rack until golden brown and crispy, 20–25 minutes.