

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 pkg green beans
- 2 oz pkt panko ²
- garlic
- 2 (1 oz) pkts sour cream ³
- 2 oz 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

COOKING TIP

Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

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 630kcal, Fat 35g, Carbs 36g, Protein 45g



1. Prep chicken, green beans

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**.

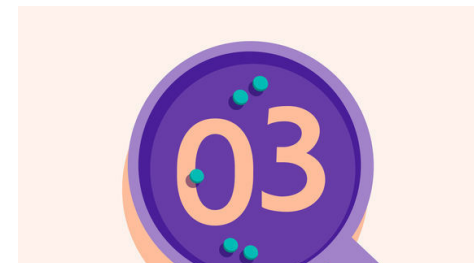
Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **panko** and **a pinch each of salt and pepper**; cook, stirring occasionally, until golden-brown, 2–3 minutes. Transfer to a shallow dish.



2. Bread chicken

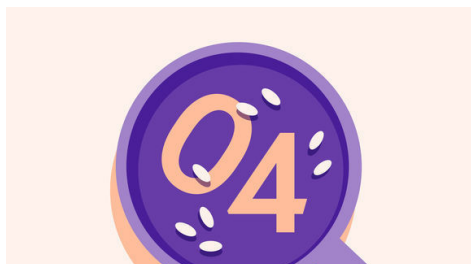
Generously **oil** a rimmed baking sheet.

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. Then, 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

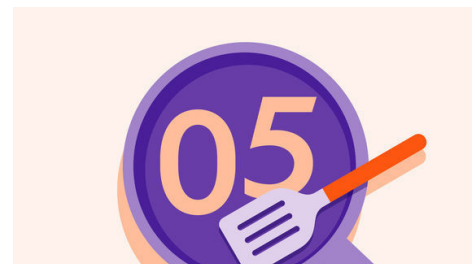
Bake **chicken and green beans** on upper oven rack until chicken is golden-brown and cooked through, and green beans are tender, about 15 minutes (watch closely as ovens vary).



4. Make creamy avocado sauce

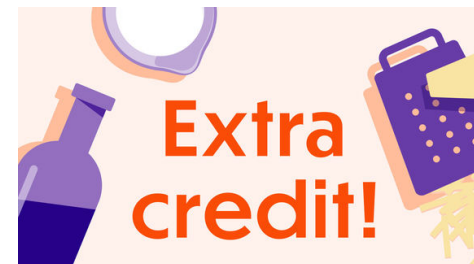
While **chicken and green beans** bake, finely chop ½ **teaspoon garlic**.

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** on the side 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.