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 panko²
- 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

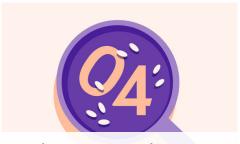
Generously oil a rimmed baking sheet.

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.