

DINNERLY



Air-Fried Popcorn Chicken with Creamy Guac:

Dinnerly x Instant Pot Air Fryer



30-40min



2 Servings

We heard you loud and clear, air fryer aficionados—for tasty meals with less hassle and less grease, it's the only way to go. That's why we teamed up with Instant Pot Air Fryer to bring you recipes to make with your own air fryer at home! This isn't Colonel Sanders' popcorn chicken we're talking here. It's better (duh)! We 100% encourage all double-dipping and finger-licking with this creamy guac dip. We've got you covered!

WHAT WE SEND

- 10 oz pkg boneless, skinless chicken breasts
- ½ lb green beans
- 2 (1 oz) panko ^{1,6}
- 2 (1 oz) sour cream ⁷
- 2 oz guacamole

WHAT YOU NEED

- kosher salt & ground pepper
- 1 large egg ³
- nonstick cooking spray
- olive oil
- garlic
- white wine vinegar (or apple cider vinegar) ¹⁷

TOOLS

- air fryer

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



1. Prep ingredients

Preheat air fryer to 400°F (If you don't have an air fryer, see step 6!).

Pat **chicken** dry and cut into 1-inch pieces; season all over with **salt** and **pepper**.

Trim **green beans** and place in a medium bowl.

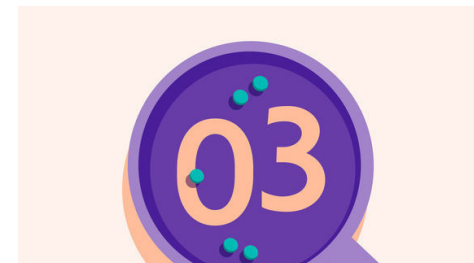
Place **panko** on a plate.



2. Bread chicken & air fry

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. Spray with **cooking spray**.

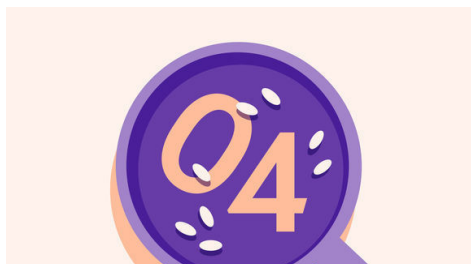
Working in batches, if necessary, place chicken on air fryer rack; air fry until cooked through and panko is golden-brown and crisp, 8 minutes. Keep warm until ready to serve.



3. Air fry green beans

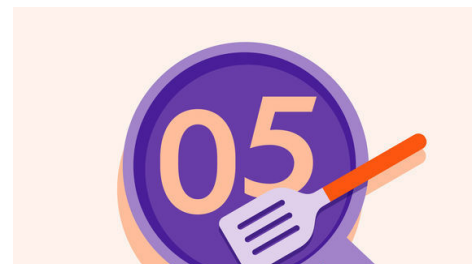
Toss **green beans** with **1 teaspoon oil**; season with **salt** and **pepper**.

Working in batches, if necessary, add green beans to air fryer; cook until well browned and tender, 5–8 minutes.



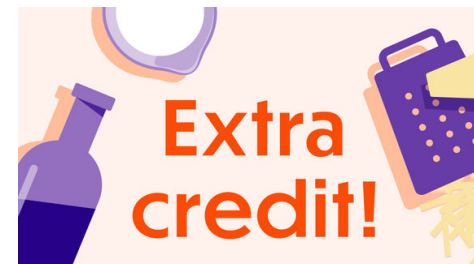
4. Make creamy guac

While **green beans** cook, finely chop ½ **teaspoon garlic** and place in a small bowl. Add **all of the sour cream, guacamole, 1 tablespoon water**, and ½ **teaspoon vinegar**; stir to combine. Season to taste with **salt** and **pepper**.



5. Serve

Serve **air-fried popcorn chicken** with **green beans** and **creamy guac** on the side for dipping. Enjoy!



6. No air fryer?

No problem! Preheat oven to 450°F with a rack in the upper third. After breading the chicken in step 2, place on one side of a generously oiled baking sheet; drizzle with more oil. Add green beans to open side; toss with 1 tablespoon oil and season with salt and pepper. Bake until chicken is golden-brown and cooked through and green beans are tender, about 15 minutes (watch closely as ovens vary).