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Southern Fried Chicken Tenders

with Creamy Grits & Collard Greens



30-40min



2 Servings

We took the idea of luscious, authentic, bone-in fried chicken and made it more convenient and weeknight friendly by turning boneless, skinless chicken breasts into chicken "tenders." They're quicker cooking, less of a mess, and universally appealing! The creamy grits and collard greens are classic accompaniments, and the sweet, tangy apricot sauce is the icing on an already pretty perfect plat...

What we send

- quick-cooking grits
- boneless, skinless chicken breasts
- apricot preserves
- cajun spice blend
- collard greens

What you need

- 2 large eggs ³
- all-purpose flour ¹
- apple cider vinegar
- butter ⁷
- kosher salt & ground pepper
- sugar

Tools

- large skillet
- small saucepan
- small skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

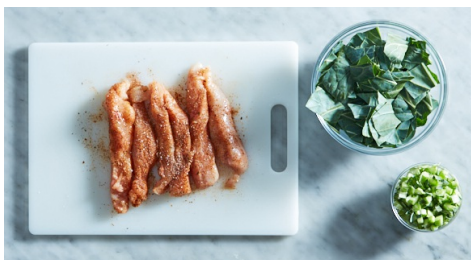
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Energy 1066.0kcal, Fat 55.8g, Proteins 49.8g, Carbs 93.6g



1. Prep ingredients

In a small saucepan, combine **2 cups water** and **½ teaspoon salt** and bring to a boil. Trim ends from **collard greens**; thinly slice **stems**, crosswise, and cut **leaves** into bite-size pieces. Pat **chicken** dry and cut lengthwise into 1-inch wide strips (about 3 per breast). Sprinkle chicken all over with **1½ teaspoons of the Cajun seasoning** and **½ teaspoon salt**.



4. Cook collard greens

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **collard greens and stems** and cook until wilted, 1-2 minutes. Add **2 tablespoons water** and season with **½ teaspoon salt** and a few **grinds pepper**. Cook until greens are bright green and tender, and water is evaporated, 2-3 minutes. Transfer to a small bowl and cover to keep warm. Wipe out skillet.



2. Cook grits

Return **salted water** to a boil and slowly stir in **grits**. Reduce heat to low and cook, stirring occasionally to prevent sticking, until grains are tender, about 7 minutes. Stir in **1 tablespoon butter**, and season with **salt** and **pepper**. Remove from heat, and cover to keep warm.



5. Fry chicken

Heat **1 cup oil** in same skillet over medium-high. When **oil** is hot (it should sizzle vigorously when a **pinch of flour** is added), add **chicken** and cook, turning occasionally, until golden and crisp (reduce heat if browning too quickly), about 2-3 minutes per side. Transfer to a paper towel-lined plate and sprinkle with **salt**.



3. Bread chicken

Beat **2 large eggs** and **½ teaspoon salt** in a medium bowl. Place **¾ cup flour** in 2nd medium bowl and season with **½ teaspoon salt**. Working in batches, coat **chicken strips** in flour first, then egg. Let excess egg drip back into the bowl, then repeat: dipping chicken in flour then egg, then finishing in flour.



6. Make sauce & serve

In a small skillet, combine **apricot preserves**, **2 tablespoons vinegar**, **1 teaspoon sugar**, and **1 tablespoon water**. Bring to a simmer over medium-high heat, and cook, whisking, about 1 minute, or until sugar is dissolved. Serve **grits** topped with **chicken** and **collards**. Drizzle **sauce** all over the top. Enjoy!