





PICKY EATER PROOF

Crispy Chicken Tenders

with Tangy Potato & Green Bean Salad

 20-30min  4 Servings

Fresh dill is a feathery herb with tender green fronds that have a light, fresh flavor. For this dish, tender green beans and potatoes are coated in a creamy whole-grain mustard dressing with fresh dill and sweet, crunchy bread and butter pickles. This green bean-potato salad makes for a perfect summery side, which complements the crispy panko-coated chicken.

What we send

- Yukon gold potatoes
- boneless, skinless chicken breasts
- fresh dill
- green beans
- whole grain mustard

What you need

- 1 large egg
- all-purpose flour ¹
- apple cider vinegar
- kosher salt & ground pepper

Tools

- colander
- large saucepan
- large skillet
- meat mallet (or heavy 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). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 890.0kcal, Fat 44.0g, Proteins 45.0g, Carbs 81.0g



1. Cook potatoes & beans

Scrub **potatoes**, then slice into ½-inch thick rounds. Trim stem ends from **green beans**, then snap in half. Place potatoes and **1 tablespoon salt** in a large saucepan and enough water to cover by ½ inch. Cover; bring to a boil over high heat. Uncover, and cook until just tender, 4 minutes. Add beans to saucepan; cook until crisp-tender, 3-4 minutes. Drain well.



4. Bread chicken

Beat **1 large egg** and **2 tablespoons water** in a shallow bowl. Add **panko** to a large resealable plastic bag, then season with **a pinch each salt and pepper**. Working in batches, dip **chicken** in egg, then lift letting excess egg drip back into the bowl. Transfer chicken to bag with panko and shake to coat, pressing with your fingers to help the coating adhere.



2. Prep & make potato salad

Pick **dill fronds** from stems, discarding stems; finely chop 2 tablespoons dill fronds, leaving remaining fronds whole. Coarsely chop **pickles**. In a large bowl, whisk together **2 tablespoons vinegar**, **¼ cup oil**, **½ teaspoon salt**, and **a few grinds pepper**. Transfer **potatoes**, **green beans**, chopped dill fronds, and pickles to bowl with **dressing**, stirring to coat.



5. Pan-fry chicken

Heat **¼ inch oil** in a large, heavy skillet (preferably cast-iron) over medium-high until shimmering. Add **chicken**, working in batches if necessary, and cook until golden and crisp, turning occasionally, 2-3 minutes per side (reduce heat if browning too quickly). Transfer to a paper towel-lined plate and sprinkle with **salt**.



3. Prep chicken

Pat **chicken** dry, and using a meat mallet or heavy skillet, pound to an even ¼-inch thickness. Cut each breast into 3 long strips. Sprinkle chicken all over with **a pinch each salt, pepper, and flour**.



6. Make sauce & serve

In a small bowl, combine **all of the mayonnaise and mustard**. Whisk in water, 1 teaspoon at a time, until sauce is a good consistency for dipping. Serve **chicken** with **mustard sauce** and **potato salad** alongside. Sprinkle with **whole dill fronds**. Enjoy!