

# DINNERLY



## Crispy Chicken Fingers with Honey Mustard and Green Beans

 20-30min  2 Servings

It doesn't matter who you are—kid, adult, Beyoncé, the prime minister of Samoa—you like chicken fingers, and we know it. In this recipe, skip the breading "stations" and acquaint yourself with a resealable plastic bag and the shake-to-coat method; the process has never been cleaner or easier. And you know what broiled green beans means? NO FORKS. Dip away in that luscious honey-mustard-mayo goo...

## WHAT WE SEND

- whole grain mustard <sup>17</sup>
- boneless, skinless chicken breasts
- green beans
- honey

## WHAT YOU NEED

- 1 large egg <sup>3</sup>
- all-purpose flour <sup>1</sup>
- kosher salt & ground pepper

## TOOLS

- meat mallet (or heavy skillet)
- rimmed baking sheet

## ALLERGENS

Wheat (1), Egg (3), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 560kcal, Fat 18g, Carbs 47g, Proteins 44g



### 1. Prep ingredients

Preheat broiler with top rack 6 inches from heat source. Trim stem ends from **green beans**. Pat **chicken** dry, then use a meat mallet or heavy skillet to pound to an even ½-inch thickness. Cut each breast crosswise into 3 even strips. In a small bowl, combine **mustard, honey, and sour cream**. Season to taste with **salt and pepper**.



### 4. Cook chicken

Heat ¼-inch **oil** in a large, heavy skillet over medium-high. Working in batches if necessary, add **chicken** in a single layer and cook, turning occasionally, until golden, 4–6 minutes. Drain on a paper towel-lined plate.



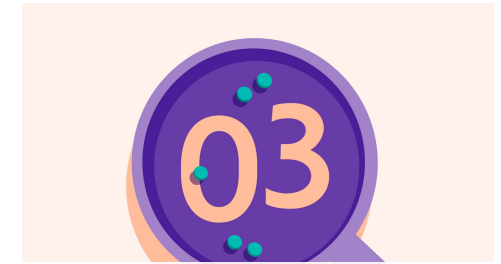
### 2. Season flour & egg

In a large resealable bag, combine ¼ **cup flour** with ½ **teaspoon salt** and a **few grinds pepper**. In a medium-sized, shallow bowl, lightly beat 1 **large egg** with a **pinch each salt and pepper**. Place **chicken** in bag with flour, seal and shake to coat.



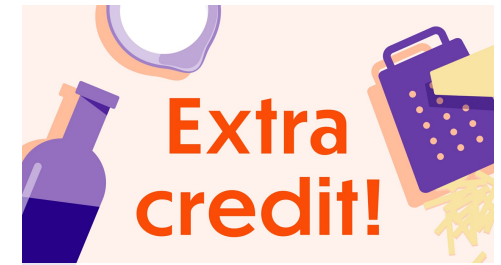
### 5. Broil green beans

On a rimmed baking sheet, toss **green beans** with 1 **teaspoon oil** and a **pinch each salt and pepper**. Broil on top rack until green beans are tender and charred in spots, about 4 minutes (watch closely as broilers vary). Serve **chicken fingers** with **creamy honey mustard sauce** and **green beans**. Enjoy!



### 3. Bread chicken

Add **chicken** to **beaten egg** and turn to coat. Discard **flour**. Add **panko** to same bag, plus a **pinch each salt and pepper**. Lift each piece of **chicken** from egg, allowing excess egg to drip back into the bowl, and transfer to bag with panko. Seal and shake to coat. Transfer chicken to a plate, pressing to help panko adhere.



### 6. Kids pitch-in!

Get any willing sous-chefs involved by letting them mix together the sauce in step 1, and do the shake, shake, shake in steps 2 & 3.