



# DINNERLY

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## BBQ Fried Chicken with Kale & Carrot Slaw

 20-30min  4 Servings

The key to the chicken's extra crispy coating is a triple-dredge: flour, then egg, another run through the flour, one more time in the egg, a final visit to the flour, and then BOOM. You're one step away from crunchy fried chicken heaven. PS—It's OK if your fingers get breaded in the process, just be sure not to get carried away with the promise of crispy meat and accidentally deep fry them, to...

## WHAT WE SEND

- boneless, skinless chicken breasts
- apple cider vinegar
- barbecue sauce <sup>6</sup>
- carrots
- curly kale

## WHAT YOU NEED

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

## TOOLS

- box grater
- large skillet
- meat mallet (or heavy skillet)

## ALLERGENS

Wheat (1), Egg (3), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 672kcal, Fat 39g, Carbs 38g, Proteins 42g



### 1. Prep kale & carrots

Strip **kale leaves** from stems, stack and roll them together, then thinly slice crosswise, discard stems. Transfer kale to a large bowl and add **1 tablespoon oil** and  $\frac{3}{4}$  **teaspoon salt**. Using your hands, gently squeeze 3–4 times to slightly wilt kale. Coarsely grate **carrot** (no need to peel) on large holes of box grater and add to kale.



### 2. Make slaw

In a small bowl, whisk **mayonnaise** with  $1\frac{1}{2}$  **tablespoons vinegar** and **1 teaspoon sugar**; season to taste with **salt** and **pepper**. Add to bowl with **kale** and **grated carrots** and toss to combine. Let sit, stirring occasionally, while you finish preparing the recipe.



### 3. Prep chicken & breading

Pat **chicken** dry and place between sheets of plastic. Use a meat mallet or heavy skillet to pound to an even  $\frac{1}{2}$ -inch thickness. Season with **1 teaspoon salt** and **a few grinds pepper**. Beat **2 eggs** and **2 tablespoons water** in a shallow bowl; season with **salt** and **pepper**. In a 2nd shallow bowl, season **1 cup flour** with **1 teaspoon salt** and **a few grinds pepper**.



### 4. Bread & fry chicken

Coat **chicken** in **flour**, then **egg**, letting excess egg drip back into bowl. Repeat in flour then egg again, then finish in flour. Heat  $\frac{1}{2}$ -inch **oil** in a large skillet over medium-high. When oil is hot (it should sizzle vigorously), add chicken and cook, turning once, until golden and crisp, 4–5 minutes per side. Transfer to a paper towel-lined plate to drain.



### 5. Finish & serve

In a small bowl, combine **barbecue sauce** with **remaining vinegar** and  $1\frac{1}{2}$  **teaspoons sugar**; season to taste with **salt** and **pepper**. Pour **sauce** over chicken and serve **kale & carrot slaw** alongside. Enjoy!



### 6. Make it ahead!

If you make the slaw in steps 1 & 2 ahead of time, you won't be sorry! Another way to get ahead on prep for this recipe is to whisk up the sauce in step 5 and store it in the fridge until you're ready for it. Just take it out of the fridge about 30 minutes before serving, so it comes to room temp.