



DINNERLY



Olive Oyl Fried Chicken with Spinach Salad & Creamy Dressing

 20-30min  2 Servings

You may think Popeye is the headliner, but Olive Oyl is the leading lady! Olive exemplifies the importance of individuality, the power of wit and the influence of charm. We wanted to put Olive Oyl's subtle nuances front and center, so we use it here for frying chicken and serve it with a fresh spinach salad—because Olive Oyl and Popeye's spinach are a perfect match! We've got your spinach covered!

WHAT WE SEND

- boneless, skinless chicken breasts
- Italian seasoning
- baby spinach
- roasted red peppers
- scallions
- sour cream
- garlic

WHAT YOU NEED

- all-purpose flour ¹
- kosher salt & ground pepper
- olive oil
- white wine vinegar ¹⁷

TOOLS

- meat mallet (or heavy skillet)

ALLERGENS

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

NUTRITION PER SERVING

Calories 730kcal, Fat 48g, Carbs 42g, Proteins 32g



1. Prep ingredients

Peel and finely chop $\frac{1}{2}$ **teaspoon garlic**. Trim ends from **scallions**, then thinly slice on an angle. Pat **roasted red peppers** dry, then coarsely chop. Pat **chicken** dry; pound to an even $\frac{1}{4}$ -inch thickness. Season with **pepper** and $\frac{1}{2}$ **teaspoon salt**.



2. Make creamy dressing

In a small bowl, combine **sour cream**, **chopped garlic**, a **pinch of the Italian seasoning**, **1 tablespoon water**, and **1 teaspoon vinegar**. Whisk in **2 tablespoons oil**, then season to taste with **salt** and **pepper**.



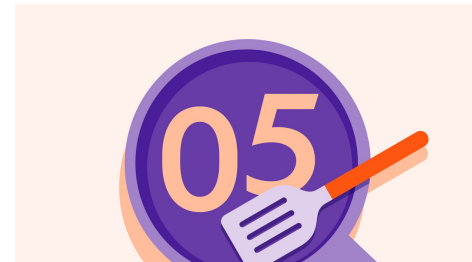
3. Prep chicken

In a shallow bowl, beat **1 egg**, **1 tablespoon water**, and a **pinch each salt and pepper**. In a second bowl, whisk to combine $\frac{3}{4}$ **cup flour**, **1 tablespoon Italian seasoning**, and $\frac{1}{2}$ **teaspoon salt**. Coat **chicken** in flour, then egg. Let excess egg drip off. Repeat in flour, then egg, then flour again.



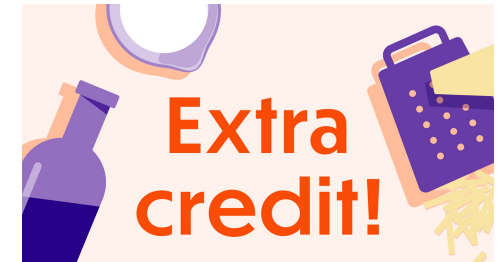
4. Pan-fry chicken

Heat $\frac{1}{4}$ -**inch oil** in a medium, heavy skillet over medium-high. When oil is hot (it should sizzle vigorously when a pinch of flour is added), add **chicken**; cook, turning occasionally, until golden and crisp (lower heat if browning too quickly), about 3 minutes per side. Transfer to a paper towel-lined plate to drain. Season with a **pinch of salt**.



5. Finish & serve

Transfer **scallions**, **chopped peppers**, and **spinach** to a serving bowl. Drizzle with **oil** and a **pinch each salt and pepper**. Thin **creamy dressing** by mixing in **1 teaspoon water** at a time, as needed. Serve **Olive Oyl chicken** with **spinach salad** alongside. Spoon **some of the creamy dressing** over top **spinach salad** with **remaining dressing** on the side for dipping...



6. Use what you have!

We love Olive Oyl, but if you prefer to replace the oyl in this recipe with a relative of Olive's, like Vegetable Oyl or Safflower Oyl, that would be fine, too!