



NUTRITION *per serving* 64g carbohydrates 45g fat 56g protein 1473mg sodium | nut-free



Calories
854



Prep & Cook Time
45-55 min.



Cook Within
5 days



Difficulty
Intermediate



Spice Level
Mild

IN YOUR BOX

- 4 Tbsp. Butter
- 8 oz. Green Beans
- 2 Boneless Skinless Chicken Breasts
- 6 oz. Canola Oil
- 4 oz. Flour
- 6 oz. Buttermilk
- 1 oz. Liquid Egg
- 3 Tbsp. Fried Chicken Seasoning Blend
- 3 1/4 oz. Honey Packets
- 2 Biscuits

IN YOUR KITCHEN

- Salt
- Pepper
- Baking Sheet
- Medium Pan
- 2 Mixing Bowls
- Small Bowl

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HOME CHEF

Honey Butter Fried Chicken

with green beans and biscuits

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **375 degrees**
- Prepare a baking sheet with foil
- Thoroughly rinse produce and pat dry
- Set **butter** on counter to soften

WHILE YOU COOK

- In this recipe, **chicken** is fried in **oil**, which makes it crispy, delicious...and dangerous. Be very careful around hot oil. If any splatters on your skin, run under **cool water** immediately.
- How to Test Oil: Add a pinch of **seasoned flour** to **canola oil**. It should sizzle and brown gently. If it turns black, turn the heat down and let the oil cool. If it doesn't brown, turn heat up.
- Heads Up!** The **honey butter** (mmmm!) is used twice. A dollop goes on the **biscuits** before baking and the rest is served with the **fried chicken**.

FROM THE CHEF

Keeping the oil temperature steady is key to getting perfectly browned chicken on the outside that's fully cooked inside. Use the heaviest pan in your kitchen (Cast iron is king here) to help with oil temperature stability. If oil is too hot, the breading will burn before chicken reaches 165; if it's too cold, the breading will absorb oil and not get as crispy.

Did you know...

No secret spices here! We make our fried chicken spice blend with 2 parts smoked paprika and 1 part each garlic powder and onion powder.

 Thanks for cooking with us. We hope you have a Happy Mother's Day!

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farm-to-table flowers from our friends at **The Bouqs Co.**

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Prepare the Ingredients

Trim ends off **green beans**. Rinse **chicken breasts**, pat dry, and season with a pinch of **salt and pepper**.



Start Cooking Green Beans and Make Honey Butter

Place **green beans** on one side of baking sheet, drizzle with 2 tsp. **olive oil** and a pinch of **salt and pepper**, and toss to coat. Roast 5 minutes, then remove baking sheet from oven. Combine **butter** and **honey** in a small bowl until fully incorporated.



Bread the Chicken

Heat **canola oil** to 350 degrees in a medium pan over medium heat. Place **flour** in a mixing bowl and combine **buttermilk** and **liquid egg** in a second mixing bowl. Add 2 Tbsp. **buttermilk-egg mixture** to flour and season both bowls with half the **seasoning blend**, 2 tsp. **salt**, and ½ tsp. **pepper** each. Dip **chicken** in buttermilk-egg mixture, then in seasoned flour, shaking off any excess.



Finish Green Beans and Bake Biscuits

Place **biscuits** on other side of prepared baking sheet. Dollop some **honey butter** on each biscuit (refrigerate remaining for plating). Bake 5 minutes, or until green beans are tender and biscuits are golden brown.



Fry the Chicken

Prepare a plate with a paper towel. Carefully lay **chicken** away from you in hot **canola oil**, cover, and cook 8-10 minutes, flipping chicken every 2 ½ minutes. Cook uncovered 2 more minutes, or until chicken is golden brown and reaches a minimum internal temperature of 165 degrees. Remove chicken to paper towel-lined plate.



Plate the Dish

Divide **green beans** between two plates. Place a piece of **fried chicken** on each plate followed by a **biscuit**. Serve chicken with remaining **honey butter**.