



In your box

6 fl. oz. Canola Oil
2 Green Onions
3 oz. Flour
 $\frac{1}{2}$ fl. oz. Cholula Hot Sauce
1 fl. oz. Honey
2 oz. Buttermilk Biscuit Mix
3 oz. Sour Cream
1 tsp. Buttermilk-Dill Seasoning
8 oz. Slaw Mix

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
12 oz. Mahi-Mahi Fillets
13 $\frac{1}{2}$ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Medium Non-Stick Pan, Baking Sheet, 4 Mixing Bowls



Farmhouse Fried Chicken Tenders with Hot Honey

with biscuits and buttermilk ranch slaw

NUTRITION per serving—Calories: 838, Carbohydrates: 78g, Fat: 37g, Protein: 46g, Sodium: 1703mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

40-50 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Medium

Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **sour cream**

Customize It Instructions

- If using **mahi-mahi**, pat dry and halve. Follow same instructions as chicken in Steps 3 and 4, cooking until golden brown and mahi-mahi reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



Prepare Ingredients and Make Slaw

- Trim and thinly slice **green onions**.
- In a mixing bowl, combine **slaw mix**, $\frac{2}{3}$ the **sour cream** (reserve remaining for chicken), 2 tsp. **olive oil**, **seasoning blend**, and a pinch of **salt** and **pepper**. Set aside, stirring once before serving.
- Pat **chicken breasts** dry and, on a separate cutting board, cut into $\frac{3}{4}$ " strips.



Bake the Biscuits

- In another mixing bowl, combine **biscuit mix**, 3 Tbsp. **water**, and **green onions** until a thick, spoonable batter forms.
- Divide batter into two equally-sized biscuits and place on prepared baking sheet. Bake in hot oven until golden brown, 15-18 minutes.
- Rinse bowl clean and reserve.
- While biscuits bake, prepare chicken.



Prepare the Chicken

- Combine remaining **sour cream** and $\frac{1}{3}$ cup **cold water** in reserved rinsed mixing bowl. In another mixing bowl, combine **flour** and a pinch of **salt** and **pepper**.
- Dip **chicken** in sour cream mixture. Then lay in flour mixture, flipping until coated completely. Shake off excess flour.
- Place on a plate in a single layer. Repeat with remaining chicken. Set aside to dry slightly, 5 minutes.
- While chicken dries, heat oil.

Fry the Chicken

- Line a plate with a paper towel.
- Place **canola oil** in a medium non-stick pan over medium heat. Let heat, 5 minutes.
- After 5 minutes, test oil temperature by adding a pinch of flour to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Working in batches, add **chicken** and cook until golden brown and chicken reaches a minimum internal temperature of 165 degrees, 4-6 minutes per side.
- Remove to towel-lined plate and season with a pinch of **salt** and **pepper**.



Make Hot Honey and Finish Dish

- In another mixing bowl, combine **honey** and **hot sauce** (to taste).
- Plate dish as pictured on front of card, drizzling **chicken** with hot honey. Bon appétit!