# Oven-Fried Chicken

with Sautéed Green Beans & Corn

Blue Apron chefs, it's OK to double dip! In this recipe, you'll be breading the chicken not once, but twice, then crisping it in the oven for a crust that's unbeatably crunchy and seasoned to perfection. With a simple side of garlicky corn and green beans, this is a fresh and easy dish. Why deep fry ever again?





# Ingredients

- 5 Ounces Green Beans
- 2 Boneless, Skinless Chicken Breasts
- 2 Ears Corn
- 1 Bunch Basil
- 1 Clove Garlic
- 1 Lemon
- 1½ Cups Panko Breadcrumbs
- 1 Cup Buttermilk
- 1 Tablespoon Butter
- 1 Mini Bottle Tabasco Hot Sauce
- 2 Teaspoons Fried Chicken Spice Blend (Smoked Paprika & Garlic Powder)

Makes 2 Servings About 700 Calories Per Serving

# Instructions



# Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Trim off and discard the stems of the green beans; cut the beans into 2-inch pieces on an angle. Remove and discard the husks and silks from the corn. Cut the corn kernels off the cobs; discard the cobs. Peel and mince the garlic. Quarter the lemon and remove the seeds. Pick the basil leaves off the stems; discard the stems. Cut each chicken breast into 3 equal-sized pieces.



#### Coat the chicken:

Lightly grease a sheet pan (or line it with aluminum foil). Pour the buttermilk into a shallow dish. In a separate, shallow dish, combine the breadcrumbs and spice blend. Season the breadcrumb mixture with salt and pepper. Working one piece of chicken at a time, dip both sides of the chicken into the buttermilk (letting the excess drip off), then thoroughly coat in the breadcrumb mixture. Repeat this process again, double coating each piece of chicken. Place the coated chicken onto the prepared sheet pan. Repeat with the remaining chicken pieces.



#### Bake the chicken:

Bake the **coated chicken** for 13 to 15 minutes, or until browned, crispy and cooked through. Remove from the oven and set aside in a warm place.



## Cook the green beans:

While the chicken bakes, in a medium pan, melt the butter with 1 teaspoon of olive oil on medium. Add the garlic and green beans and season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the beans are bright green and slightly tender.



#### Add the corn:

Add the corn to the pan of green beans and season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the vegetables are tender. Stir in the juice of 2 lemon wedges, 1/4 cup of water and half the basil (roughly chopping the leaves just before adding). Season with salt and pepper and cook, stirring occasionally, 30 seconds to 1 minute, or until slightly reduced and thoroughly combined.



## Plate your dish:

To plate your dish, divide the **chicken** and **vegetables** between 2 plates. Top the chicken with as much Tabasco sauce as you'd like, depending on how spicy you'd like the dish to be. Garnish with the remaining basil and lemon wedges. Enjoy!