

Chicken Fried Chicken

with Baked Sweet Potato & Collard Greens

You read it right, chefs—tonight's dinner is chicken fried chicken, or chicken prepared with a bit of Southern flair. The technique of “chicken frying” traditionally applies to steak: the meat is coated with seasoned flour and fried to achieve the crunchy, savory exterior of preparations like schnitzel. (The recipe for schnitzel was brought to the South and adapted by German immigrants in the 19th Century.) But any thin, boneless cut of meat can be chicken fried—including chicken! We're serving ours with baked sweet potato, dolloped with a tangy scallion-yogurt sauce, and a quick sauté of collard greens.

 **Blue Apron Wine Pairing**
Lichen Plank Viognier 2014



Ingredients

- 2 Boneless, Skinless Chicken Breasts
- ½ Cup Plain Greek Yogurt
- ½ Cup All-Purpose Flour
- 2 Scallions
- 1 Bunch Collard Greens
- 1 Sweet Potato

Knick Knacks

- 1 Tablespoon Red Wine Vinegar
- 2 Teaspoons Chicken Fried Chicken Spice Blend
(Sweet Paprika, Garlic Powder, Ground Black Pepper, Dried Oregano & Ground Cayenne Pepper)

Makes: 2 servings | **Calories:** about 640 per serving
Prep Time: 10 minutes | **Cook Time:** 30–40 minutes

Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/827

1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Halve the sweet potato lengthwise. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Remove and discard the collard green stems; thinly slice the leaves. To make the batter, in a medium bowl, combine **half the yogurt**, **half the vinegar** and **¼ cup of water**; stir until smooth and season with salt and pepper.

2



Bake the sweet potato:

Place the **sweet potato** on a sheet pan. Drizzle with olive oil and season with salt and pepper; turn to thoroughly coat. Arrange the seasoned sweet potato cut sides down. Add **2 tablespoons of water** to the sheet pan. Tightly cover the sheet pan with aluminum foil, rolling the foil over the edges of the sheet pan to seal. Bake 28 to 30 minutes, or until the sweet potato is browned and tender when pierced with a fork. Remove from the oven.

3



Make the scallion-yogurt sauce:

Once the sweet potato has baked for about 5 minutes, in a bowl, combine the **remaining yogurt**, **remaining vinegar** and **all but a pinch of the green tops of the scallions**. Stir until combined; season with salt and pepper to taste.

4



Cook the collard greens:

While the sweet potato continues to bake, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **collard greens** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the collard greens have wilted; season with salt and pepper to taste. Transfer to a bowl. Wipe out the pan.

5



Coat the chicken:

While the sweet potato continues to bake, in a medium bowl, combine the **flour** and **spice blend**; season with salt and pepper. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Working 1 piece at a time, thoroughly coat the seasoned chicken in the flour-spice blend mixture (tapping off any excess), then in the **batter** (letting the excess drip off), then again in the flour-spice blend mixture. Transfer to a plate.

6



Cook the chicken & plate your dish:

While the sweet potato continues to bake, in the pan used to cook the collard greens, heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a drop of coating sizzles immediately when added to the pan, add the **coated chicken**; cook 3 to 5 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper. Divide the cooked chicken, **baked sweet potato** and **cooked collard greens** between 2 plates. Top the sweet potato with a few spoonfuls of the **scallion-yogurt sauce**. Garnish with the **remaining green tops of the scallions**. Enjoy!