

Fried Chicken & Kale Slaw

with Roasted Sweet Potato Wedges & Hot Honey

In this recipe, fried chicken gets an update with an easy, delicious addition: spicy honey. With just a pinch of crushed red pepper mixed in, it lends a delicious, hot-sweet kick to both the chicken and its side of roasted sweet potato wedges. A simple, refreshing kale slaw rounds out this classic dish. (Chefs, one quick tip: tossing and massaging the kale every once in a while as it marinates helps make the leaves perfectly tender.)

Blue Apron Wine Pairings

Le P'tit Paysan Chardonnay, 2015

Condesa Patricia Rosé of Tempranillo, 2015



Ingredients

- 2 Boneless, Skinless Chicken Breasts
- 1 Farm Egg
- $\frac{3}{4}$ Cup Panko Breadcrumbs
- 1 Bunch Kale
- 1 Sweet Potato

Knick Knacks

- 3 Tablespoons All-Purpose Flour
- 2 Tablespoons Honey
- 2 Tablespoons Mayonnaise
- 2 Teaspoons White Wine Vinegar
- $\frac{1}{4}$ Teaspoon Crushed Red Pepper Flakes
- $\frac{1}{2}$ Teaspoon Kale Slaw Spice Blend

(Whole Caraway Seeds, Whole Celery Seeds & Ground Mustard)

Makes: 2 servings | **Calories:** about 765 per serving

Prep Time: 5 minutes | **Cook Time:** 20–30 minutes

1



Prepare the ingredients & make the hot honey:

Preheat the oven to 475°F. Wash and dry the fresh produce. Halve the sweet potato lengthwise; slice each half lengthwise into 4 equal-sized wedges. Remove and discard the kale stems; thinly slice the leaves. In a bowl, combine the **honey** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the honey to be; season with salt to taste and set aside in a warm place.

2



Roast the sweet potato:

Place the **sweet potato** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer, skin sides down, and roast 20 to 22 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven.

3



Make the kale slaw:

While the sweet potato roasts, in a large bowl, combine the **kale**, **mayonnaise**, **vinegar** and **spice blend**; season with salt and pepper. Drizzle with olive oil and toss to combine; season with salt and pepper to taste. Set aside to marinate, tossing occasionally, for at least 10 minutes.

4



Bread the chicken:

While the kale slaw marinates, place the **flour** and **breadcrumbs** on 2 separate, large plates. Season the breadcrumbs with salt and pepper. Crack the **egg** into a medium bowl; add **1 tablespoon of water** and beat until smooth. 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 (tapping off any excess), then in the beaten egg (letting the excess drip off), then in the breadcrumbs (pressing to adhere). Transfer the breaded chicken to a plate.

5



Cook the chicken:

While the kale slaw continues to marinate, in a medium pan (nonstick, if you have one), heat a thin layer of oil on medium until hot. Once the oil is hot enough that a few breadcrumbs sizzle immediately when added to the pan, add the **breaded chicken** and 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.

6



Plate your dish:

Divide the **cooked chicken**, **roasted sweet potato** and **kale slaw** between 2 plates. Drizzle the chicken and sweet potato with **as much of the hot honey as you'd like**, depending on how spicy you'd like the dish to be. Enjoy!