



SEP  
2016

## Crispy Chicken

with Brown-Butter Corn and Cucumber Tomato Salad

Fried chicken is the ultimate comfort food. The only problem? It often comes with a side of guilt. Our chefs, Freida and Nate, found a way around this by coating chicken thighs with panko and sour cream. The combination of this richly flavored cut of meat and ridiculously easy breading produces the enviable crispiness of the Southern chicken dish without the actual frying.



Prep: 10 min  
Total: 30 min



level 1



nut  
free



Chicken  
Thighs



Corn on  
the Cob



Persian  
Cucumbers



Grape  
Tomatoes



Panko  
Breadcrumbs



Paprika



Garlic  
Powder



Sour  
Cream



White Wine  
Vinegar



Lemon



Chives

## Ingredients

	2 People	4 People
Chicken Thighs	12 oz	24 oz
Corn on the Cob	1 Ear	2 Ears
Persian Cucumbers	2	4
Grape Tomatoes	4 oz	4 oz
Panko Breadcrumbs	1) 2) ½ Cup	1 Cup
Paprika	1 t	2 t
Garlic Powder	1 t	2 t
Sour Cream	3) 2 T	4 T
White Wine Vinegar	2 T	4 T
Lemon	1	2
Chives	¼ oz	¼ oz
Butter*	3) 1 T	2 T
Olive Oil*	1 T	2 T

\*Not Included

## Allergens

1) Wheat

2) Soy

3) Milk

## Tools

2 Medium bowls,  
Large bowl, 2 Large pans

**Nutrition per person** Calories: 450 cal | Fat: 21 g | Sat. Fat: 8 g | Protein: 39 g | Carbs: 34 g | Sugar: 9 g | Sodium: 145 mg | Fiber: 6 g

1



**1 Prep: Wash and dry all produce.** Preheat the oven to 400 degrees. Shuck and cut the **corn kernels** off the cob. Thinly slice the **cucumbers**. Halve the **tomatoes**. Thinly slice the **chives**. Cut the **lemon** into wedges.

1



**2 Marinate the salad:** Toss the **cucumbers, tomatoes, vinegar, 1 Tablespoon chives**, and a large drizzle of **olive oil** together in a medium bowl. Season with **salt** and **pepper**.

2



**3 Crust the chicken:** In a large bowl, combine the **panko, paprika, garlic powder**, and a large pinch of **salt** and **pepper**. Place the **chicken** in a medium bowl with **2 Tablespoons sour cream** and a large pinch of **salt** and **pepper**. Turn to thoroughly coat. Press each **chicken thigh** into the **panko mixture**. Set aside.

3



**4 Cook the chicken:** Heat a drizzle of **olive oil** in a large ovenproof pan over medium-high heat. Once hot, add the **chicken**. (**TIP:** If you don't have an ovenproof pan, transfer the chicken to a baking sheet after browning each side.) Cook 3-4 minutes per side, until golden brown but not yet cooked through. Reduce the heat if the chicken is browning too quickly. Transfer the pan to the oven to finish cooking, about 8 minutes.

**5 Cook the corn:** Meanwhile, brown **1 Tablespoon butter** in a large pan over medium heat. Once melted, add the **corn**. Cook, tossing, for 3-4 minutes, until the corn is golden and the butter is browned and fragrant. Season with **salt** and **pepper**.

**6 Plate and serve:** Serve the **crispy chicken** alongside the **cucumber tomato salad** and **brown-butter corn**. Squeeze the **lemon wedges** over the chicken and garnish with the remaining **chives**. Enjoy!

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