

Crispy Chicken with String Beans

Serves Four



Ingredients

For the Chicken

- 2 pounds chicken tenders
- 1 ½ cup panko
- ¼ cup fresh Italian parsley, finely chopped
- ¼ cup grated parmesan cheese
- 1 tablespoon lemon zest
- 3 tablespoons olive oil
- Kosher salt and pepper

For the Green Beans

- 1 ½ pounds green beans, trimmed and cut in half
- 3 tablespoons olive oil
- 3 - 4 shallots, thinly sliced
- 3 cloves garlic, minced
- Fresh lemon juice
- Salt and freshly ground pepper

Steps

1. Preheat oven to 375°F. Spray or brush a foil-lined baking sheet pan with olive oil. In a small bowl combine panko, parsley, cheese and lemon zest.
2. Arrange the chicken tenders in a single layer on the oiled baking sheet pan. Spray or brush the tops of the tenders with olive oil and season each tender with salt and pepper.
3. Coat the tops of all the tenders with the panko mixture making sure you “pat” the coating on top.
4. If you have an oil spray bottle/can, spritz the tops of the tenders with oil (this helps crisp up the panko). If you don't have a bottle, try drizzling on a little oil. Bake tenders for about 20 - 25 minutes, or until the tops are crunchy and the internal temperature of the chicken reaches 165°F. Serve alongside green beans.
4. For the green beans, begin by blanching them. To blanch the string beans, get a large bowl ready filled halfway with water and ice. Then fill a large pot ¾ of the way full of water and bring to boil over high heat. Add a couple teaspoons of salt to the water. Once water is boiling carefully add string beans and let cook for 4 minutes or until the beans are bright green and slightly softened - but not mushy!). Using tongs, slotted spoon or a basket strainer, remove the beans and place it into the ice water. Let cool for 30 seconds before removing and draining. Pat dry with a clean towel.
5. Heat olive oil in a large skillet over medium-high heat. Add the shallots and saute for a few minutes before adding the minced garlic. Once you smell the garlic, add the dry green beans and continue cooking (stirring) to heat the green beans through and coat them with the oil. Season with salt and pepper and squeeze some lemon juice over them right before serving.