

Chicken Strips with Honey Mustard Dipping Sauce, Romaine Salad & Roasted Sweet Potatoes

2 SERVINGS | HANDS ON TIME: 20 minutes | TOTAL TIME: 30 minutes

Windy Meadows Family Farm Boneless Chicken Breasts, thawed
Texas Farm Patch Romaine Lettuce, washed, core removed
Gundermann Acres or Fruitful Hill Farm Sweet Potatoes, washed, scrubbed, peeled
Johnson's Backyard Garden Watermelon Radish, washed, ends trimmed, peeled
Ringger Farms Pasture-Raised Egg
Farmhouse Kitchen-prepared GFY Kitchen Classic French Loaf Gluten Free Breadcrumbs
Farmhouse Kitchen Honey Mustard, shaken or stirred well before use
Farmhouse Kitchen Ranch Dressing, shaken or stirred well before use
Sea salt and fresh cracked black pepper
Olive or vegetable oil

STEP 1 Preheat oven to 400°F. As the oven preheats, cut the sweet potatoes into approximate 1" cubes. Add potatoes to a large sheet tray, drizzle with 1 tbsp. oil, and ¼ tsp. salt and pepper. Toss to combine and spread out in an even layer. Roast in the preheated oven for 25-30 minutes, flipping midway.

STEP 2 Meanwhile, place a large cast iron skillet or high-sided pan over medium to medium-high heat. Add ½ cup of oil or enough oil to reach ¼" up the sides of the skillet. As the oil heats, prepare the chicken tenders. First, add breadcrumbs to a rimmed baking dish or plate and season with ½ tsp. salt and pepper. Next, set aside a large clean plate. Then, crack the egg into a medium sized bowl, season with ½ tsp. salt and pepper, and add 1 tbsp. of water. Scramble well and set aside. Slice the chicken breasts lengthwise into thick strips (about 1") and submerge in the scrambled egg. Working with one strip at a time, remove from scrambled egg and allow excess egg to drip off. Press the chicken into breadcrumbs and coat all sides. Shake off excess breading and place on the clean plate. Repeat with remaining chicken.

STEP 3 Test the oil by adding in a breadcrumb. It should sizzle and gradually brown over 1 minute. If it immediately burns, the oil is too hot. Adjust the heat, as needed. When the oil is ready, carefully add the breaded chicken strips to the pan, starting from the outside and working toward the center. Fry until golden brown, approximately 2-3 minutes each side. The internal temperature of the chicken should reach 165°F when cooked through. Transfer the chicken strips to a paper towel-lined plate and immediately sprinkle with salt while hot. Repeat with remaining chicken. (**Note:** If frying in batches, carefully discard hot oil and breading that collects at the bottom of the pan and replace with fresh oil in between batches).

STEP 4 While the chicken is cooking, chop or tear the lettuce into 1" pieces. Cut the watermelon radishes into small triangles or matchsticks, as thinly as possible. Divide the lettuce and radishes on to serving plates. Immediately before serving, drizzle the salad with half of the ranch dressing (or honey mustard, if you prefer) and season with salt and black pepper to taste.

STEP 5 To serve, transfer pan-fried chicken tenders to serving plates alongside dressed salad. Add a side of roasted sweet potatoes. Dip the chicken strips and sweet potatoes in honey mustard sauce and ranch dressing. Enjoy!