



## Almond-Coated Chicken with Bang Bang Yoghurt Sauce & Stir Fried Greens

Crispy chicken fillets coated in a crunchy almond crust. Served with a zesty blend of yoghurt, sriracha, and spices, then stir-fried green beans and baby spinach, and paired with nutty brown rice, this dish balances smoky, spicy, and savory flavors for a satisfying meal.

### Nutritional Info

Calories: 749 kcal  
Carbohydrates: 76 g  
Protein: 47 g  
Fat: 28 g

### Ingredients

- |                               |                                     |                    |
|-------------------------------|-------------------------------------|--------------------|
| • Diced Chicken Breast Fillet | • Egg                               | <b>Your Pantry</b> |
| • Green Beans                 | • Natural Yoghurt                   |                    |
| • Spinach                     | • Sriracha                          |                    |
| • Garlic Clove                | • Soy Sauce                         |                    |
| • Brown Rice                  | • Spice Mix                         |                    |
| • Ground Almonds              | - Smoked Paprika<br>- Garlic Powder |                    |

### Allergens

[Wheat \(Soy Sauce\)](#)  
[Egg \(Egg\)](#)  
[Milk \(Yoghurt\)](#)  
[Nuts \(Almonds\)](#)  
[Soybeans \(Soy Sauce\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) Boil the kettle and preheat the oven to 180°C fan

Line a baking sheet or roasting tin with baking parchment and drizzle with oil.

### 2) Prepare the vegetables and the bang bang sauce

Cut the green beans in half. Roughly chop the spinach. Peel and crush the garlic. Mix the yoghurt and sriracha sauce together. This is your bang bang sauce.

### 3) Cook the chicken

Beat the egg into a bowl. In a dish, mix the ground almonds and spice mix. Lay the chicken strips in the egg and then into the almond crumb and turn them so the chicken is fully covered. Lay the pieces carefully onto the baking sheet. Repeat until all chicken is coated. Bake for 15-20 minutes, turning half way through. Cook until golden, crispy, and cooked through. While the chicken cooks....

### 4) Cook the rice

Cook the rice in a saucepan of boiling water for 20 minutes then drain and set aside. While the rice cooks...

### 5) Stir fry the vegetables

Place a wok or frying pan on medium heat with a drizzle of oil (rapeseed or sesame oil would work really well here if you have it in your pantry). Once hot, add the green beans, stir frying for 4-5 minutes, then add the garlic. Fry for another minute, then add the spinach. Cook until wilted, then stir in the soy sauce and cook for a final minute.

### 6) Plate the dish

Serve the rice with the chicken & vegetables on the side, accompanied by your bang bang sauce. Great for dipping the chicken into.



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