



Chicken Milanese

with Cucumber-Arugula Salad

30-40min 2 Servings

The key to a truly fantastic chicken Milanese is pounding evenly to make thin cutlets, that cook quickly. Peppery arugula is the classic partner for the lightly fried cutlets; we've mixed in sliced cucumbers and a lemon-dill vinaigrette, for extra brightness. And, for a bit more flavor and fun, we serve the crisp chicken with a creamy Dijon dip.

What we send

- 12 oz boneless, skinless chicken breasts
- 1 cucumber
- 1/4 oz fresh dill
- 1 lemon
- 2 oz panko ^{1,6}
- 2 oz mayonnaise ^{3,6}
- 3/4 oz Dijon Mustard ¹⁷
- 3 oz arugula

What you need

- kosher salt & ground pepper
- 1 large egg ³
- 1/4 c all-purpose flour ¹
- olive oil
- sugar

Tools

- meat mallet (or heavy skillet)
- large skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 48g, Carbs 40g, Proteins 50g



1. Pound chicken

Pat **chicken** dry, then place each breast between two pieces of plastic wrap. Using a meat mallet or heavy skillet, pound to an even 1/4-inch thickness. Season chicken all over with **salt** and **pepper**.



2. Prep ingredients

Trim **cucumber** (peel if desired), then thinly slice. Finely chop **dill fronds and stems** together. Squeeze **1 tablespoon juice** from **half of the lemon** into a large bowl, then cut remaining lemon half into quarters.



3. Bread chicken

Beat **1 large egg** in a bowl with **1 tablespoon water**; season with **a pinch each of salt and pepper**. In a second bowl, whisk **1/4 cup flour**; season with **salt**. Place **panko** in a third bowl. Dredge **chicken breasts** in flour. Dip into egg, letting excess egg drip back into bowl, then dip chicken into panko, pressing to help panko adhere. Transfer to a plate or small baking sheet.



4. Fry chicken

Heat **1/8 inch oil** in a large skillet over medium-high. Add **chicken breasts** (oil should sizzle vigorously when a pinch of flour is added) and cook until golden brown, 2-3 minutes. Flip and cook 1-2 minutes more, or until chicken is cooked through. Transfer chicken to a paper towel-lined plate. Season with **salt** and **pepper**.



5. Make dressing & dip

Into the large bowl with **lemon juice**, stir in **1/2 teaspoon sugar**. Whisk in **1 tablespoon oil** in a slow, steady stream. Season to taste with **salt** and **pepper**. Stir in **1 1/2 teaspoons of the chopped dill**. In a small bowl, whisk to combine **all of the mayonnaise and Dijon mustard** and **2 teaspoons water**. Season **creamy Dijon** to taste with **salt** and **pepper**.



6. Finish salad & serve

Add **arugula** and **cucumbers** to **lemon-dill dressing**, tossing to combine; season to taste with **salt** and **pepper**. Garnish **chicken** with **remaining dill** and **lemon wedges**, for squeezing over top. Pass **creamy Dijon** at the table, for dipping. Enjoy!