



Oven-Fried Chicken

with Apple-Walnut Salad

20-30min 2 Servings

We took a classic baked chicken dinner, and elevated it by adding a spiced mayonnaise into the mix, and it's on double duty. First, to adhere the panko-Parmesan coating to the chicken, which creates a crunchy crust when baked in the oven. The remaining spiced mayo is mixed with lemon juice, creating a creamy dressing for the apple-walnut salad. It's the perfect combination of flavor and texture.

What we send

- 1 lemon
- $\frac{3}{4}$ oz Parmesan 7
- 12 oz pkg boneless, skinless chicken breasts
- 2 oz mayonnaise 3,6
- $\frac{1}{4}$ oz jerk spice 1,6
- 1 apple
- 1 oz walnut 15
- 1 head red leaf lettuce
- 1 oz panko 1,6

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- microplane or grater
- rimmed baking sheet
- meat mallet (or heavy skillet)

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 690kcal, Fat 47g, Carbs 25g, Proteins 47g



1. Prep ingredients

Preheat oven to 425°F with a rack in the top position. Finely grate **all of the lemon zest**, then separately squeeze **1½ tablespoons lemon juice** into a small bowl. Finely grate **Parmesan**. Lightly **oil** a rimmed baking sheet.



2. Prep chicken

Pat **chicken** dry, then, using a meat mallet or heavy skillet, pound each to an even $\frac{1}{2}$ -inch thickness. Season lightly with **salt** and **pepper**. In a small bowl, stir to combine **mayonnaise**, **lemon zest**, and **all of the jerk spice**. Transfer **half of the spiced mayonnaise** to a large bowl and reserve for step 5. Spread remaining spiced mayonnaise over top of each chicken breast.



3. Prep salad

Cut **apple** into quarters, then core and thinly slice fruit. Transfer **walnuts** to a sheet of foil, and toss with **½ teaspoon oil**. Toast walnuts on top oven rack until golden, 4-5 minutes (watch closely as ovens vary). Sprinkle with **salt**. Remove any wilted **lettuce leaves**, then tear lettuce into bite-size pieces; discard stem end.



4. Cook chicken

On a plate, toss **¼ cup panko** with **1 tablespoon oil** and **half of the Parmesan**. Dip mayo side of each **chicken breast** into panko, pressing to adhere. Transfer to prepared baking sheet, panko side up. Bake chicken on top oven rack until cooked through, about 10 minutes. Remove from oven; switch oven to broil. Broil until topping is golden and crispy, 1-2 minutes (watch closely).



5. Make salad

To the large bowl with **reserved spiced mayonnaise**; whisk in **lemon juice** and **1½ tablespoons oil**; season with **a pinch each of sugar, salt, and pepper**. Add **lettuce**, **apples**, **walnuts**, and **remaining Parmesan**; toss to combine.



6. Finish & serve

Transfer **chicken** to a cutting board and slice, if desired. Serve **oven-fried chicken** with **apple-walnut salad** alongside. Enjoy!