

DINNERLY



Crispy Chicken Milanese

with Marinated Tomato & Arugula Salad



20-30min



2 Servings

Milan might be known as one of the premier fashion capitals of the world, but it's so much more than just Dolce & Gabbana. Exhibit A: Chicken Milanese. Chicken breasts, pounded thin, coated in Parmesan-breadcrumbs, pan-fried, and served with a dressed arugula and tomato salad. We like our salad on top for a bit of vinaigrette in each bite. Ready to Wear? More like Ready to Eat. We've got you covered!

WHAT WE SEND

- 1 plum tomato
- garlic (use 1 medium clove)
- ¾ oz piece Parmesan ⁷
- ½ lb pkg boneless, skinless chicken breasts
- 1 oz panko ¹
- 3 oz arugula

WHAT YOU NEED

- red wine vinegar (or white wine vinegar)
- neutral oil
- kosher salt & ground pepper
- ¼ cup all-purpose flour ¹
- 1 large egg ³

TOOLS

- meat mallet (or heavy skillet)
- large skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 700kcal, Fat 50g, Carbs 27g, Protein 37g



1. Prep ingredients

Halve **tomato** lengthwise, then thinly slice crosswise. Peel and finely chop **1 medium garlic clove**. In a large bowl, whisk together **chopped garlic, 1 tablespoon vinegar, 2 tablespoons oil**; and season to taste with **salt and pepper**. Add tomatoes to vinaigrette. Let stand at room temperature until step 5, stirring occasionally. Finely grate **Parmesan**.



2. Prep chicken

Pat **chicken** dry, then pound to an even ¼-inch thickness. Season with **salt and pepper**. Fill a resealable plastic bag with **¼ cup flour** and a **pinch of salt**. Add chicken to bag, seal, and toss to coat. Transfer to a plate; discard flour from bag. Fill same bag with **panko** and **Parmesan**.



3. Bread chicken

Beat **1 large egg** in a shallow bowl. Tap off excess flour from **chicken**, then add to **egg**. Turn to coat in egg, then lift chicken out, allowing excess egg to drip back into the bowl. Add chicken to **panko mixture**. Seal bag and toss to coat. Transfer to a plate and press breading onto chicken to help adhere.



4. Pan-fry chicken

Heat **¼ inch oil** in a large skillet over medium-high until shimmering. Add **chicken** to skillet (oil should sizzle vigorously when a pinch of flour is added) and cook until golden brown all over, about 3 minutes per side. Drain on a paper towel-lined plate. Season with **salt and pepper**.



5. Make salad & serve

Add **arugula** to bowl with **tomatoes** and toss to combine. Serve **chicken** with **some of the salad** on top or alongside. Enjoy!



6. How to: pan-fry!

The trick to pan-frying at home is allowing the oil to get hot enough before adding the chicken—this will ensure the breading sticks to the chicken not the skillet! How do you know when the oil is hot enough? Sprinkle a pinch of flour or panko into the oil, it should sizzle vigorously. Then, until a golden forms around the sides of chicken before flipping.