

# DINNERLY



## Low-Carb Crispy Chicken Cutlet with Caesar Salad



20-30min



2 Servings

This meal feels like a decadent Sunday supper thanks to the pan-fried, crispy chicken cutlets and homemade creamy Caesar salad. But why wait until Sunday? And let's be honest. It's treat-yourself dinners like this one that help us get through the week. You deserve it! We've got you covered!

## WHAT WE SEND

- ¾ oz piece Parmesan <sup>2</sup>
- 1 oz mayonnaise <sup>1,3</sup>
- 1 pkt Dijon mustard
- 1 oz panko <sup>4</sup>
- 10 oz pkg boneless, skinless chicken breast
- 1 romaine heart

## WHAT YOU NEED

- garlic
- white wine vinegar (or apple cider vinegar)
- olive oil
- kosher salt & ground pepper
- 1 large egg <sup>1</sup>

## TOOLS

- microplane or grater
- meat mallet (or heavy skillet)
- large skillet

## ALLERGENS

Egg (1), Milk (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

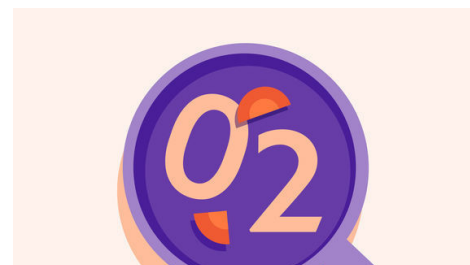
Calories 590kcal, Fat 40g, Carbs 15g, Protein 44g



### 1. Prep garlic & Parm

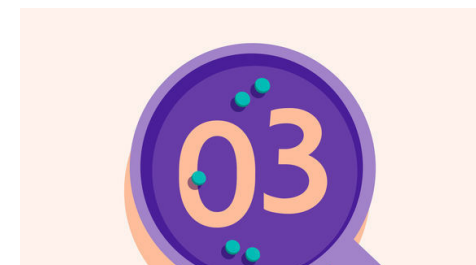
Finely grate ¼ **teaspoon garlic** into a large bowl.

Finely grate **Parmesan**.



### 2. Make dressing

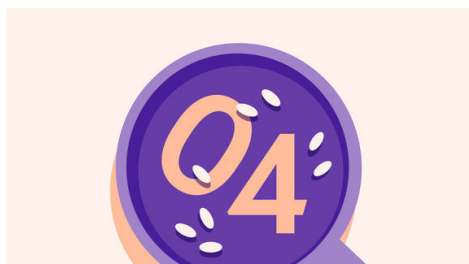
To bowl with **grated garlic**, whisk in **mayo**, **1½ teaspoons Dijon mustard**, and **1 tablespoon vinegar** until smooth; gradually whisk in **1 tablespoon oil**. Whisk in **half of the grated Parmesan** and **several grinds of pepper**; season to taste with **salt**. Set aside until ready to serve.



### 3. Prep breading & chicken

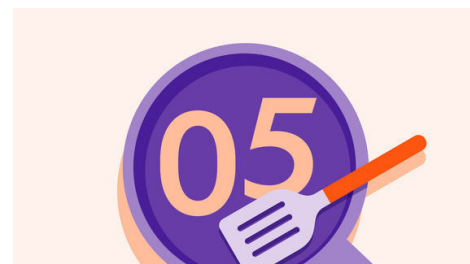
Whisk **1 large egg** in a large shallow bowl or baking dish; season with **salt** and **pepper**. In a separate shallow bowl or dish, stir together **panko** and **remaining Parmesan**; season with **salt** and **pepper**.

Pat **chicken** dry, then using a meat mallet or heavy skillet, pound to an even ¼-inch thickness; season all over with **salt** and **pepper**.



### 4. Bread & cook chicken

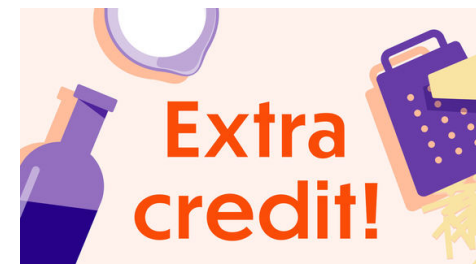
Dip **chicken** in **egg mixture**, letting excess egg drip back into bowl. Then dredge in **panko mixture**, pressing to help breading adhere. Heat ½-**inch oil** in a large skillet over medium-high until very hot and shimmering. Add chicken (oil should sizzle vigorously) and cook until golden-brown and just cooked through, about 3 minutes per side. Transfer to a paper towel-lined plate.



### 5. Finish salad & serve

Halve **lettuce** lengthwise, then cut crosswise into 1-inch pieces, discarding stem end. Transfer to bowl with **dressing** and toss well to coat.

Serve **crispy chicken cutlets** with **Caesar salad** alongside. Enjoy!



### 6. How to: shallow fry!

The trick to shallow frying at home is allowing the oil to get hot enough before adding the shrimp—this will ensure the breading sticks to the shrimp not the skillet! How do you know when the oil is hot enough? Sprinkle a pinch of the panko into the oil, and it should sizzle and bubble vigorously. When working in batches, allow the oil to come back up to temperature before each.