

DINNERLY



Sesame Crusted Chicken & Salad with Lemon-Butter Pan Sauce



20-30min



2 Servings

We dressed up a pan-seared chicken dinner by adding sesame seeds, which multi-task by adding texture, flavor, and good looks! The lemon butter pan sauce is ready in a flash to coat the chicken. The arugula and radish salad is refreshing, and the perfect accompaniment to the buttery sauce and chicken. We've got you covered!

WHAT WE SEND

- lemon
- radish
- toasted sesame seeds
- boneless, skinless chicken breasts
- baby arugula

WHAT YOU NEED

- all-purpose flour ¹
- coarse kosher salt
- freshly ground pepper
- olive oil

TOOLS

- meat mallet (or heavy skillet)
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 324kcal, Fat 22g, Carbs 4g, Proteins 25g



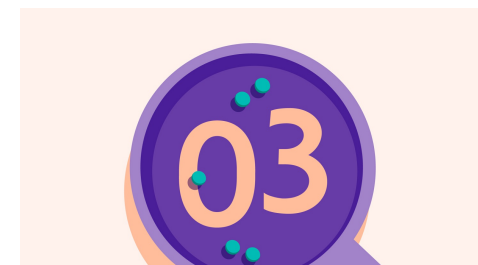
1. Prep ingredients

Juice **lemon** into a small bowl. Trim ends from **radishes**, then thinly slice.



2. Make dressing

In a medium bowl, combine **1 tablespoon lemon juice** with **1 tablespoon oil**, and season to taste with **salt** and **pepper**.



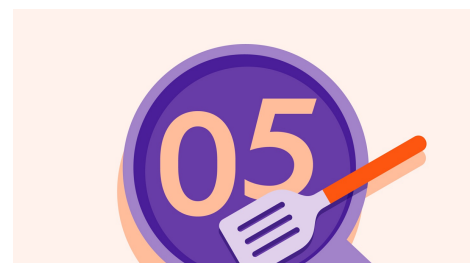
3. Flatten chicken

Place **chicken breasts** between 2 sheets of plastic wrap. Using a meat mallet or heavy skillet, pound chicken to ¼-inch thickness. Season chicken well all over with **salt** and **pepper**. Sprinkle **sesame seeds** on one side of each chicken breast and press to adhere. Dust top-side of the breasts with **1 tablespoon flour** and pat to adhere.



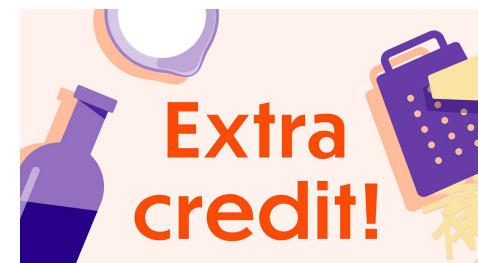
4. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken**, sesame seed side-down and cook until golden-brown, about 4 minutes. Flip and cook on the other side, about 2 minutes more, or until cooked through. Transfer to a plate and reserve skillet.



5. Make sauce & serve

Add **butter**, **1 tablespoon lemon juice**, and **2 tablespoons water** to reserved skillet over medium-high. Swirl butter until melted and sauce has slightly reduced, about 1 minute; season to taste with **salt** and **pepper**. Add **radishes** and **arugula** to **dressing** and toss to coat. Top **chicken** with **sauce** and **a few grinds black pepper** and serve with **salad** alongsid...



6. Sip

Serve with a crisp Sauvignon Blanc to highlight the citrus in the sauce, and balance out the buttery nuttiness of the sesame.