



Chicken Francese

with Caesar Salad & Homemade Croutons



20-30min



2 Servings

No need to make a reservation, we're bringing classic Italian-American restaurant fare to your kitchen table. Chicken Francese is an iconic dish—and for a good reason—it's delicious! Tender chicken breast is dipped in egg and then flour, creating a perfect coating to absorb the buttery lemon sauce. We serve it alongside a romaine salad tossed in a Caesar-style dressing with crunchy croutons.

What we send

- 1 lemon
- ¾ oz Parmesan ⁷
- 1 pkt Dijon mustard ¹⁷
- 2 oz mayonnaise ^{3,6}
- 1 ciabatta roll ¹
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt chicken broth concentrate
- 2 romaine hearts
- garlic

What you need

- olive oil
- kosher salt & ground pepper
- 1 large egg ³
- ½ c all-purpose flour ¹
- butter ⁷

Tools

- microplane or grater
- meat mallet (or skillet)
- medium skillet

Cooking tip

When frying, make sure your oil is hot: it should reach 350°F with an oil thermometer. Or drop a pinch of flour into the oil—it should sizzle vigorously. Careful, oil may splatter while frying!

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

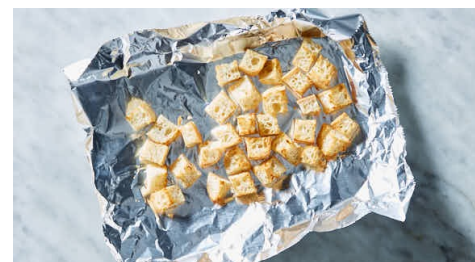
Nutrition per serving

Calories 910kcal, Fat 53g, Carbs 53g, Protein 56g



1. Make dressing

Preheat oven to 425°F with a rack in the center. Squeeze **all of the lemon juice** into a small bowl. Into a medium bowl, finely grate **½ teaspoon garlic** and **all of the Parmesan**; add 1½ tablespoons of the lemon juice (reserve remaining juice for step 5). Whisk in **Dijon mustard**, **mayonnaise**, and **1 tablespoon oil**. Season to taste with **salt** and **pepper**; set aside.



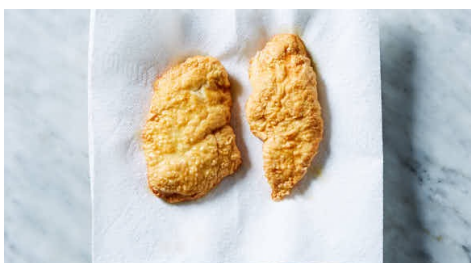
2. Make croutons

Cut **roll** into 1-inch pieces. Spread into a single layer on a piece of foil. Bake on center oven rack until toasted and browned in spots, 6–8 minutes (watch closely as ovens vary). Remove from oven and set aside until step 6.



3. Prep chicken

Meanwhile, beat **1 large egg** in a shallow bowl, then season with **salt** and **pepper**. In a second shallow bowl, combine **½ cup flour** and **a pinch of salt**. Pat **chicken** dry, then use a meat mallet or heavy skillet to pound chicken to an even ¼-inch thickness. Season chicken all over with **salt** and **pepper**.



4. Coat & pan-fry chicken

Heat **⅓-inch oil** in a medium skillet over medium-high until shimmering. Dip **chicken** into **egg**; let excess egg drip off. Press chicken into **flour** to fully coat; tap off excess. Add chicken (should sizzle vigorously when a pinch of flour is added); cook until golden-brown and cooked through, 4–5 minutes per side (reduce heat if browning quickly). Transfer to a paper towel-lined plate.



5. Make sauce

Let skillet cool for 5 minutes, then drain **oil**. Heat skillet over medium, and whisk in **broth concentrate**, **reserved lemon juice**, **½ cup water**, and **1 tablespoon butter**, scraping up any browned bits from the bottom. Season sauce to taste with **salt** and **pepper**. Simmer until sauce is slightly reduced and coats the back of a spoon, about 2 minutes.



6. Finish & serve

Trim and discard end from **lettuce**; halve lengthwise, then cut crosswise into 1-inch pieces. Add **lettuce** and **croutons** to bowl with **dressing**, tossing to coat. Return **chicken** to skillet, turning to coat in **sauce** (sauce will thicken slightly). Serve **chicken** with **sauce** spooned over top, and with **Caesar salad** alongside. Enjoy!