

DINNERLY



Low-Carb 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 seasoned breadcrumbs, pan-fried, and served with a dressed arugula and tomato salad. We've got you covered!

WHAT WE SEND

- 2 plum tomatoes
- $\frac{3}{4}$ oz Parmesan ³
- 10 oz pkg boneless, skinless chicken breast
- 1 oz panko ¹
- 5 oz arugula

WHAT YOU NEED

- garlic
- red wine vinegar (or white wine vinegar)
- neutral oil
- kosher salt & ground pepper
- $\frac{1}{4}$ cup all-purpose flour ¹
- 1 large egg ²

TOOLS

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

ALLERGENS

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

NUTRITION PER SERVING

Calories 670kcal, Fat 44g, Carbs 27g, Protein 46g



1. Prep ingredients

Halve **tomatoes** lengthwise, then thinly slice crosswise. Finely chop $\frac{1}{2}$ **teaspoon garlic**. In a large bowl, whisk together **chopped garlic, 1 tablespoon vinegar, and 2 tablespoons oil**; season to taste with **salt and pepper**. Add tomatoes to vinaigrette; toss to coat. Let stand at room temperature until step 5, stirring occasionally.

Finely grate **Parmesan**, if necessary.



4. Pan-fry chicken

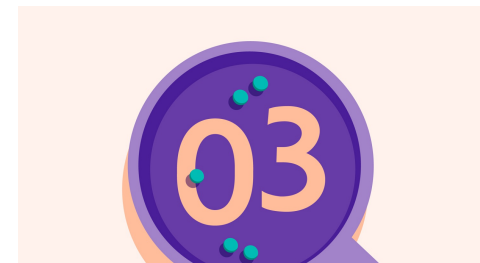
Heat $\frac{1}{4}$ -inch **oil** in a large nonstick skillet over medium-high until shimmering. Add **chicken** to skillet; cook until golden-brown all over, about 3 minutes per side (see step 6!). Drain on a paper towel-lined plate. Season with **salt and pepper**.



2. Prep chicken

Pat **chicken** dry, then pound to an even $\frac{1}{4}$ -inch thickness. Season all over with $\frac{1}{2}$ **teaspoon salt** and **a few grinds of pepper**.

Fill a resealable plastic bag with $\frac{1}{4}$ **cup flour** and **a pinch of salt**. Add chicken to bag, seal and toss to coat. Transfer to a plate; discarding flour from bag. Fill same bag with **panko** and **Parmesan**.



3. Bread chicken

In a shallow bowl, beat **1 large egg**. Tap off excess **flour** from **chicken**, then add to egg. Turn to coat, then lift chicken out, allowing excess egg to drip back into bowl. Add chicken to **panko mixture**; seal bag and toss to coat. Transfer to a plate; press on chicken to help breading adhere.



5. Make salad & serve

To bowl with **tomatoes** and **vinaigrette**, add **arugula** and toss to combine.

Serve **crispy chicken** with **some of the salad** placed over top or alongside. Enjoy!



6. How to: shallow-fry!

We have some quick tricks for the perfect crunch. Make sure your oil is hot: it should reach 350°F with an oil thermometer. If you drop a pinch of flour into the oil, it should sizzle vigorously. When working in batches, always make sure your oil comes back up to temperature in between (if it's browning too quickly, reduce the heat). If too low, the chicken will turn out oily instead of crispy.