

DINNERLY



Low-Carb Crispy Chicken Cutlet Milanese

with Readymade Cutlets & 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. Ready-to-heat chicken cutlets served with a dressed arugula and tomato salad. We've got you covered!

WHAT WE SEND

- 2 plum tomatoes
- $\frac{3}{4}$ oz Parmesan ⁷
- $\frac{1}{2}$ lb pkg ready to heat chicken cutlet ^{1,3}
- 5 oz arugula

WHAT YOU NEED

- garlic
- red wine vinegar (or white wine vinegar)
- neutral oil
- kosher salt & ground pepper

TOOLS

- microplane or grater
- 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 650kcal, Fat 53g, Carbs 24g, Protein 24g



1. Prep ingredients

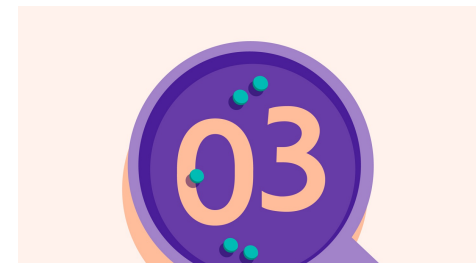
Halve **tomato** lengthwise, then thinly slice crosswise.

Finely grate **Parmesan**, if necessary.



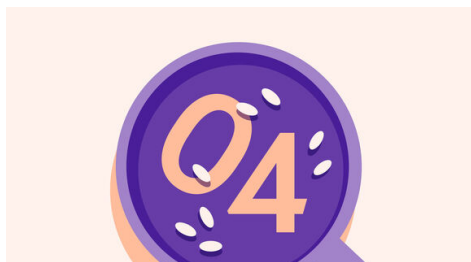
2. Marinate tomatoes

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.



3. Cook chicken

Heat **1 tablespoon oil** in a large nonstick skillet over medium-high until shimmering. Add **chicken** to skillet; cook until golden-brown and heated through, 1–3 minutes per side. Drain on a paper towel-lined plate. Season with **salt** and **pepper**.



4. Make salad & serve

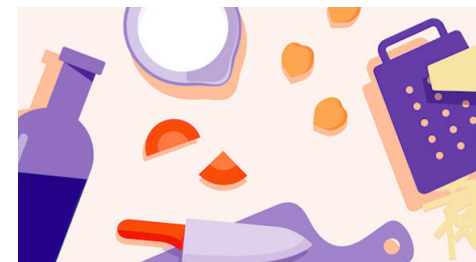
To bowl with **tomatoes** and **vinaigrette**, add **Parmesan** and **arugula** and toss to combine.

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



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!