

# MARLEY SPOON



## Parmesan Crusted Chicken Breast

with Dijon-Caper Green Beans



30-40min



2 Servings

Dijon mustard, a condiment that originated in Burgundy, France, gets its signature flavor from a splash of the region's white wine. We highlight that flavor here by tossing crisp-tender green beans with Dijon, capers, and lemon zest. Alongside, crispy Parmesan panko-topped chicken breasts and Parmesan-Dijon mayo for dipping.

## What we send

- ½ lb green beans
- ¾ oz Parmesan <sup>2</sup>
- garlic
- 2 oz mayonnaise <sup>1,3</sup>
- 1 oz panko <sup>4</sup>
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz Tuscan spice blend
- 1 oz capers
- 2 (¼ oz) Dijon mustard
- 1 lemon

## What you need

- kosher salt & ground pepper
- olive oil
- unsalted butter <sup>2</sup>

## Tools

- rimmed baking sheet
- microplane or grater

## 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 710kcal, Fat 53g, Carbs 16g,  
Protein 47g



### 1. Prep ingredients

Preheat oven to 400°F with a rack in the upper third. Trim stem ends from **green beans**. Finely grate **Parmesan**. To a medium microwave-safe bowl, add green beans and **2 tablespoons butter**. Into a separate small bowl, finely grate **1 garlic clove**. Stir in **2 teaspoons mayo** and **¼ of the Parmesan**; season with **salt** and **pepper**.

Lightly **oil** a rimmed baking sheet.



### 4. Finish & serve

Microwave **green beans**, covered, until bright green and hot, 1-3 minutes. Toss with **capers** and **1 packet Dijon**. Grate **1 teaspoon lemon zest** over beans; season to taste. In a small bowl, mix **remaining mayo, Dijon, and Parmesan, 1 teaspoon lemon juice**, and **1 tablespoon olive oil**. Season to taste. Serve **chicken** alongside **green beans** and **Parm-Dijon mayo**. Enjoy!



### 2. Prep chicken

Heat **1 tablespoon oil** in a small skillet over medium-high. Add **½ of the panko** (save rest for own use) and cook, stirring, until golden, about 3 minutes. Pat **chicken** dry; season all over with **salt and pepper**. Place on prepared sheet; spread **mayo mixture** overtop. In a small bowl, mix **panko, ½ of the remaining Parmesan**, and **1½ teaspoons Tuscan spice**; sprinkle onto chicken.



### 3. Bake chicken

Bake **chicken** on upper oven rack until **panko** is golden and **chicken** is cooked through, 15-18 minutes. Remove from oven. Switch oven to broil. Return chicken to upper oven rack and broil until golden brown, 1-2 minutes (watch closely as broilers vary).



### 5. ...

Looking for more steps?



### 6. ...

You won't find them here! Enjoy your Marley Spoon meal!