

DINNERLY



Parmesan-Crusted Chicken with Lemony Rice Pilaf



20-30min



2 Servings

What's that sound, you ask? Oh, just us digging into this ultra-crispy parm-crusted, pan-fried chicken sitting on a bed of lemony, garlicky rice pilaf and topped with a sprinkle of parsley. Phew! That was a lot, but don't worry...We've got you covered!

WHAT WE SEND

- 5 oz jasmine rice
- 1 lemon
- $\frac{3}{4}$ oz Parmesan ⁷
- $\frac{1}{4}$ oz fresh parsley
- 10 oz pkg boneless, skinless chicken breast
- 1 oz panko ¹
- $\frac{1}{4}$ oz Tuscan spice blend

WHAT YOU NEED

- garlic
- butter ⁷
- kosher salt & ground pepper
- 1 large egg ³
- neutral oil

TOOLS

- small saucepan
- medium nonstick 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), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

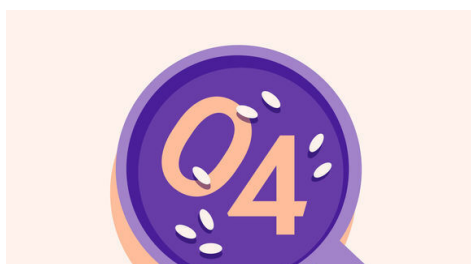
Calories 780kcal, Fat 33g, Carbs 74g, Protein 46g



1. Cook rice

Finely chop **1 teaspoon garlic**.

In a small saucepan, melt **2 tablespoons butter** over medium heat. Add **chopped garlic** and **rice** and cook, stirring, until rice is toasted, 2–3 minutes. Add **$\frac{1}{4}$ cups water** and **$\frac{1}{2}$ teaspoon salt**; bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Remove from heat; keep covered.



4. Cook chicken

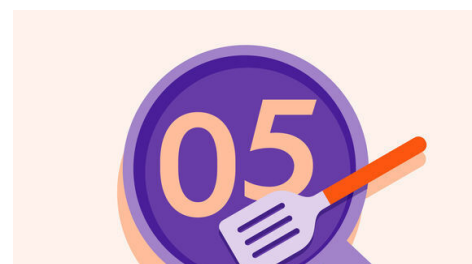
Heat **$\frac{1}{8}$ inch oil** in a medium nonstick skillet over medium-high until shimmering. Dip **chicken** in **egg**, letting excess egg drip back into bowl, then dip chicken into **panko mixture**, pressing to adhere. Add to skillet and cook until golden brown, 3–5 minutes. Flip and cook until chicken is cooked through (reaches 165°F internally), 2–4 minutes more. Transfer to a paper towel-lined plate.



2. Prep ingredients

Into a small bowl, zest **$\frac{1}{2}$ teaspoon lemon zest**, then halve lemon. Squeeze **2 teaspoons lemon juice** into bowl with lemon zest. Cut **remaining lemon** into wedges.

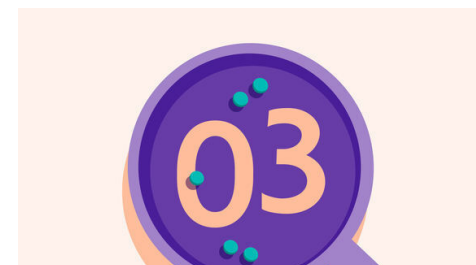
Finely grate **Parmesan**, if necessary. Coarsely chop **parsley leaves**; discard stems.



5. Finish rice & serve

To saucepan with **rice**, add **lemon zest and juice**, **remaining Parmesan**, and **half of the parsley**; fluff to combine. Season to taste with **salt and pepper**.

Serve **lemony rice pilaf** with **Parmesan-crusted chicken** over top. Sprinkle with **remaining parsley** and serve with **lemon wedges** for squeezing. Enjoy!

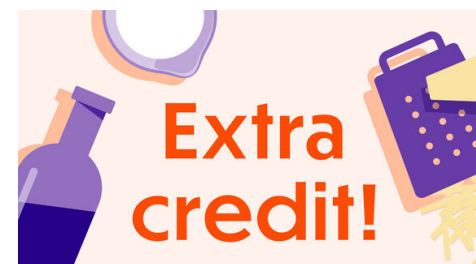


3. Prep chicken

Pat **chicken** dry, then season all over with **salt and pepper**.

Beat **1 large egg** in a shallow bowl with **1 tablespoon water or milk**; season with a **pinch each of salt and pepper**.

In a second shallow bowl, mix together **panko**, **half of the Parmesan**, and **2 teaspoons Tuscan spice blend**; season with **salt and pepper**.



6. Check us out!

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