



## Oven-Fried Chicken

with Apple-Walnut Salad



20-30min



2 Servings

We took a classic baked chicken dinner, and elevated it by adding a spiced mayonnaise into the mix, and it's on double duty. First, to adhere the panko-Parmesan coating to the chicken, which creates a crunchy crust when baked in the oven. The remaining spiced mayo is mixed with lemon juice, creating a creamy dressing for the apple-walnut salad. It's the perfect combination of flavor and texture.



## What we send

- 1 lemon
- ¾ oz Parmesan <sup>1</sup>
- 12 oz pkg boneless, skinless chicken breasts
- 2 oz mayonnaise <sup>2,3</sup>
- ¼ oz jerk seasoning <sup>3,4</sup>
- 1 apple
- 1 oz walnuts <sup>5</sup>
- 1 head red leaf lettuce
- 1 oz panko <sup>4</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- sugar

## Tools

- microplane or grater
- rimmed baking sheet
- meat mallet (or heavy skillet)

## Allergens

Milk (1), Egg (2), Soy (3), Wheat (4), Tree Nuts (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 690kcal, Fat 48g, Carbs 22g, Protein 47g



### 1. Prep ingredients

Preheat oven to 425°F with a rack in the top position. Finely grate **all of the lemon zest**, then separately squeeze **1½ tablespoons lemon juice** into a small bowl. Finely grate **Parmesan**. Lightly **oil** a rimmed baking sheet.



### 2. Prep chicken

Pat **chicken** dry, then, using a meat mallet or heavy skillet, pound each to an even ½-inch thickness. Season lightly with **salt** and **pepper**. In a small bowl, stir to combine **mayonnaise**, **lemon zest**, and **all of the jerk spice**. Transfer **half of the spiced mayonnaise** to a large bowl and reserve for step 5. Spread remaining spiced mayonnaise over top of each chicken breast.



### 3. Prep salad

Cut **apple** into quarters, then core and thinly slice fruit. Transfer **walnuts** to a sheet of foil, and toss with **½ teaspoon oil**. Toast walnuts on top oven rack until golden, 4-5 minutes (watch closely as ovens vary). Sprinkle with **salt**. Remove any wilted **lettuce leaves**, then tear lettuce into bite-size pieces; discard stem end.



### 4. Cook chicken

On a plate, toss **¼ cup panko** with **1 tablespoon oil** and **half of the Parmesan**. Dip mayo side of each **chicken breast** into panko, pressing to adhere. Transfer to prepared baking sheet, panko side up. Bake chicken on top oven rack until cooked through, about 10 minutes. Remove from oven; switch oven to broil. Broil until topping is golden and crispy, 1-2 minutes (watch closely).



### 5. Make salad

To the large bowl with **reserved spiced mayonnaise**; whisk in **lemon juice** and **1½ tablespoons oil**; season with a **pinch each of sugar, salt, and pepper**. Add **lettuce, apples, walnuts**, and **remaining Parmesan**; toss to combine.



### 6. Finish & serve

Transfer **chicken** to a cutting board and slice, if desired. Serve **oven-fried chicken** with **apple-walnut salad** alongside. Enjoy!