



## Crispy Chicken Cutlets

with Corn & Snap Peas



20-30min



2 Servings

A crisp, juicy chicken cutlet takes us straight to our happy place. We whisk a little Dijon mustard into the egg when breading to give the cutlet an extra pop of flavor without a distinctly mustardy taste. A creamy scallion-garlic sauce drapes the chicken cutlet, and a quick sauté of sweet corn, sugar snap peas, and baby spinach completes the meal with a burst of color.



## What we send

- 12 oz pkg boneless, skinless chicken breasts
- garlic
- 2 scallions
- 4 oz snap peas
- 2 (¼ oz) Dijon mustard
- 2 (1 oz) sour cream <sup>3</sup>
- 2 oz panko <sup>2</sup>
- 2 (5 oz) corn
- 5 oz baby spinach

## What you need

- kosher salt & ground pepper
- olive oil
- 1 large egg <sup>1</sup>
- ¼ c all-purpose flour <sup>2</sup>

## Tools

- large heavy skillet (preferably cast-iron)
- medium saucepan

## Allergens

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

## Nutrition per serving

Calories 910kcal, Fat 47g, Carbs 71g, Protein 55g



## THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

### 1. Prep chicken

Pat **chicken** dry. Place chicken between sheets of plastic wrap. Using a meat mallet (or heavy skillet), pound chicken to an even ¼-inch thickness. Season all over with **salt** and **pepper**.



### 4. Bread chicken

In a shallow bowl, beat **1 large egg** and **remaining mustard**. Place **¼ cup flour** in a second shallow bowl; season with **salt** and **pepper**. Coat **chicken** in flour, then dip in egg. Discard flour, add **panko** to same bowl; season with **a pinch each of salt and pepper**. Let excess egg drip back into bowl, then dredge in panko, pressing to help panko adhere. Transfer to a plate.



### 2. Prep vegetables

Finely chop **1 teaspoon garlic**. Trim **scallions**, then finely chop. Trim stem ends from **snap peas**, then slice crosswise into thirds.



### 5. Pan-fry chicken

Heat **¼ inch oil** in a large heavy skillet (preferably cast-iron) over medium-high until shimmering. Carefully add **chicken** (should sizzle vigorously and oil may splatter), in batches if necessary, and cook until golden brown and cooked through, 2-3 minutes per side. Transfer to a paper towel-lined plate. Sprinkle with **salt**.



### 3. Make scallion sauce

In a medium bowl, combine **1 teaspoon of the sliced scallions**, **1 teaspoon Dijon mustard**, and **¼ teaspoon of the chopped garlic**. Whisk in **all of the sour cream** and **2 tablespoons each of oil and water**. Season to taste with **salt** and **pepper**.



### 6. Cook veggies & serve

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **remaining garlic** and **scallions**. Cook, stirring, until fragrant, 1 minute. Add **corn**, **snap peas**, and **a pinch each of salt and pepper**. Cook, stirring, until tender, 3-4 minutes. Add **spinach**; stir until wilted, about 2 minutes. Serve **chicken** topped with **scallion sauce** and **veggies** alongside. Enjoy!