

MARLEY SPOON



Parmesan Crusted Chicken

with Roasted Parsnips & Spinach Salad



30-40min



2 Servings

Here we coat lean chicken breast with Parmesan and panko, then pan-fry them until crispy on the outside and perfectly juicy on the inside. We serve it with a baby spinach salad studded with crunchy cucumbers and tossed in a balsamic vinaigrette. Don't forget your soon-to-be new favorite side, oven-baked parsnip fries.

What we send

- 2 parsnips
- 12 oz pkg boneless, skinless chicken breasts
- ¾ oz Parmesan ⁷
- garlic
- 1 oz panko ¹
- 1 cucumber
- 2 oz balsamic vinaigrette
- 5 oz baby spinach

What you need

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

Tools

- rimmed baking sheet
- meat mallet (or heavy skillet)
- microplane or grater
- medium 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 720kcal, Fat 40g, Carbs 45g, Protein 50g



1. Prep & roast parsnips

Preheat oven to 450°F with a rack in the lower third. Peel and trim **parsnips**, then cut into ½-inch thick, long sticks. Spread parsnips in an even layer on a rimmed baking sheet. Toss with **2 tablespoons oil** and season with **salt** and **pepper**. Roast on lower oven rack, until browned and tender, 12-14 minutes, tossing halfway through.



4. Pan-fry chicken cutlets

Heat **¼ inch neutral oil** in a medium skillet over medium-high until shimmering. Add **breaded chicken cutlets** and cook, turning once, until golden and crisp all over, 3-4 minutes per side (if browning too quickly, reduce heat to medium). Transfer to a paper towel-lined plate.



2. Prep chicken & breading

While **parsnips** roast, pat **chicken** dry, trimming any fat, then pound to an even ½-inch thickness; season all over with **salt** and **pepper**. Finely grate **Parmesan** and **½ teaspoon garlic** into a medium shallow bowl. Add **panko** and stir to combine. Season with **¼ teaspoon each of salt and pepper**.



5. Finish salad & serve

Meanwhile, finely chop **cucumber** (peel, if desired). To a medium bowl, add **balsamic dressing**, **spinach**, and **cucumbers**, tossing to coat. Serve **Parmesan crusted chicken cutlets** with **roasted parsnips** and **spinach salad** alongside. Enjoy!



3. Bread chicken cutlets

In another medium shallow bowl, whisk **1 large egg**, **¼ teaspoon salt**, and **a few grinds of pepper**. Dip each **chicken cutlet** into **egg mixture**, letting excess drip back into the bowl. Dredge in **panko-Parmesan mixture**, pressing to help crumbs adhere. Transfer chicken to a plate.



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