



Oven-Fried Chicken

with Celery-Arugula Salad



20-30min



2 Servings

Oven-frying is our favorite way to develop crunch but without a ton of oil or a messy, splattery stovetop. We coat juicy chicken breasts with Parmesan-panko breadcrumbs, then bake them until golden and crisp. A peppery arugula salad with crunchy celery and Castelvetrano olives is the perfect lightened-up side to cut the richness of the chicken. But the best part? This low-cal and low-carb meal comes together with one skillet!

What we send

- garlic
- 1 (¼ oz) Dijon mustard
- 1 oz panko ¹
- ¾ oz Parmesan ²
- 12 oz pkg boneless, skinless chicken breasts
- 1 small bag celery
- 1 oz Castelvetrano olives
- 1 bag arugula

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)

Tools

- medium ovenproof skillet
- microplane or grater

Allergens

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

Nutrition per serving

Calories 390kcal, Fat 20g, Carbs 10g, Protein 46g



1. Toast panko

Preheat oven to 425°F with a rack in the center. Finely chop **1 teaspoon garlic**. In a small bowl, combine **Dijon mustard** and **half of the garlic**. Heat **2 teaspoons oil** in a medium ovenproof skillet over medium-high. Add **¼ cup panko**. Cook, stirring, until toasted, 2-3 minutes. Transfer to a 2nd bowl. Wipe out skillet and return to stovetop.

Finely grate **Parmesan**.



4. Prep salad

Meanwhile, trim **celery**, then thinly slice. Coarsely chop **olives**, discarding any pits if necessary.



2. Season chicken

Add **half of the Parmesan** to bowl with **toasted panko**; season to taste with **salt** and **pepper**; stir to combine. Pat **chicken** dry, then season all over with **salt** and **pepper**. Spread **mustard mixture** on one side of each chicken breast, then sprinkle panko on mustard-coated side and press gently to help panko adhere. Transfer chicken, panko side up, to same skillet.



5. Make vinaigrette

In a medium bowl, whisk to combine **remaining garlic**, **1 tablespoon oil**, and **2 teaspoons vinegar**. Season to taste with **salt** and **pepper**.



3. Bake chicken

Transfer skillet to center oven rack. Bake until **panko** is browned and **chicken** are firm to the touch and reach 165°F internally, about 10-15 minutes. Carefully remove skillet from oven. Let chicken rest for 5 minutes.



6. Finish salad & serve

Just before serving, add **arugula**, **celery**, and **olives** to bowl with **vinaigrette**; toss to combine. Sprinkle **remaining Parmesan** over salad. Serve **salad** alongside **chicken**. Enjoy!