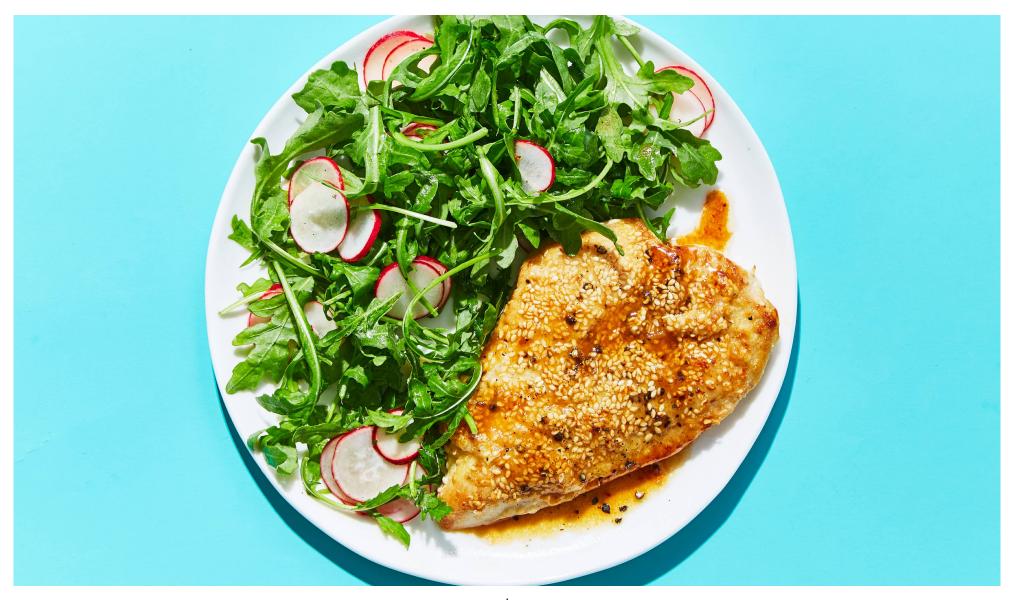
# **DINNERLY**



# Sesame Crusted Chicken & Salad

with Lemon-Butter Pan Sauce



20-30min 2 Servings



We dressed up a pan-seared chicken dinner by adding sesame seeds, which multi-task by adding texture, flavor, and good looks! The lemon butter pan sauce is ready in a flash to coat the chicken. The arugula and radish salad is refreshing, and the perfect accompaniment to the buttery sauce and chicken. We've got you covered!

### WHAT WE SEND

- · 1 lemon
- 1 radish
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz pkt toasted sesame seeds <sup>2</sup>
- · 1 bag arugula

#### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)
- butter<sup>1</sup>

#### **TOOLS**

- meat mallet (or heavy skillet)
- medium skillet

#### **ALLERGENS**

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

#### **NUTRITION PER SERVING**

Calories 370kcal, Fat 23g, Carbs 8g, Protein 35g



# 1. Prep ingredients

Juice **lemon** into a small bowl. Trim ends from **radish**, then thinly slice.



## 2. Make dressing

In a medium bowl, combine 1 tablespoon lemon juice with 1 tablespoon oil, and season to taste with salt and pepper.



#### 3. Flatten chicken

Place **chicken breasts** between 2 sheets of plastic wrap. Using a meat mallet or heavy skillet, pound chicken to ¼-inch thickness. Season chicken well all over with **salt** and **pepper**. Sprinkle **sesame seeds** on top of each chicken breast and press to adhere. Dust top of chicken with **1 tablespoon flour** and pat to adhere.



#### 4. Cook chicken

Heat 1 tablespoon oil in a medium skillet over medium-high. Add chicken, sesame seed side-down and cook until golden-brown, about 4 minutes. Flip and cook, about 2 minutes more, or until cooked through. Transfer to a plate and reserve skillet.



5. Make sauce & serve

Add 2 tablespoons water and 1 tablespoon each of butter and lemon juice to reserved skillet over medium-high. Swirl butter until sauce has slightly reduced, about 1 minute; season to taste with salt and pepper. Add radishes and arugula to dressing; toss to coat. Top chicken with sauce and a few grinds black pepper and serve with salad alongside. Enjoy!



6. Sip

Serve with a crisp Sauvignon Blanc to highlight the citrus in the sauce, and balance out the buttery nuttiness of the sesame