

DINNERLY



Low-Carb Chicken Francese & Salad with Creamy Italian Dressing



20-30min



2 Servings

So you want to flex your dinner skills, huh? Well look no further, because this classic Italian-American dish always gets rave reviews in our house. Breaded chicken breast is pan-seared to a golden perfection, then topped with a lemony garlic-butter sauce. Bam. We've got you covered!

WHAT WE SEND

- 1 romaine heart
- 1 plum tomato
- 2 lemons
- 1 pkt chicken broth concentrate
- 2 (1 oz) mayonnaise ^{1,4}
- 10 oz pkg boneless, skinless chicken breast

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- 1 large egg ¹
- ½ cup all-purpose flour ²
- olive oil
- butter ³

TOOLS

- medium skillet

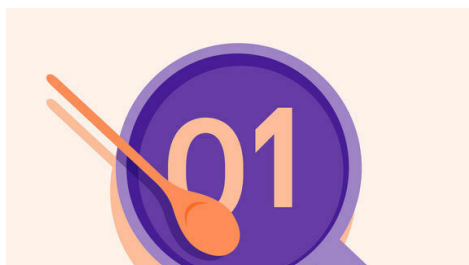
ALLERGENS

Egg (1), Wheat (2), Milk (3), Soy (4). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 720kcal, Fat 47g, Carbs 33g, Protein 43g



1. Prep ingredients

Trim end from **lettuce**, then tear or cut into 1-inch pieces. Quarter **tomato**, then cut crosswise into ½-inch thick pieces.

Squeeze 2 **teaspoons lemon juice** into a liquid measuring cup. Add **chicken broth concentrate** and ½ **cup water**; stir to combine and set aside until step 5.



2. Make dressing

Finely chop 1 **tablespoon garlic**.

In a large bowl, stir to combine **all of the mayo**, **half of the chopped garlic**, 1 **tablespoon water**, and a **squeeze of lemon** (about 1 teaspoon). Season to taste with **salt** and **pepper**; set aside until ready to serve.

Cut **remaining lemon** into wedges for serving.

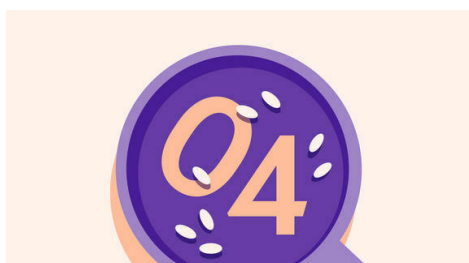


3. Prep chicken

Whisk 1 **large egg** in a shallow bowl; season with **salt** and **pepper**.

In a second shallow bowl, stir to combine ½ **cup flour** and ½ **teaspoon salt**.

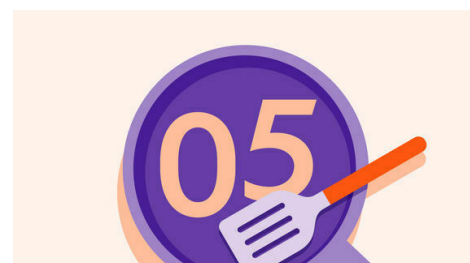
Pat **chicken** dry; pound to an even ¼-inch thickness, if desired. Season all over with **salt** and **pepper**.



4. Bread & cook chicken

Dip **chicken** in **egg**; let excess drip back into bowl. Press into **flour**; tap off excess.

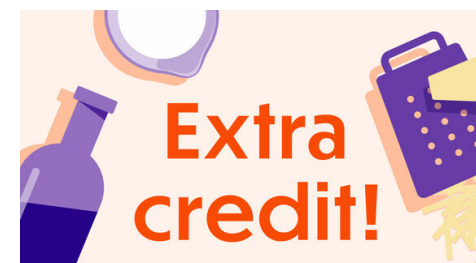
Heat ½-inch **oil** in a medium skillet over medium-high until shimmering. Add chicken; cook until golden-brown and cooked through, 4–5 minutes per side. Transfer to a paper towel-lined plate; wipe out skillet. Add **remaining garlic** and 1 **tablespoon butter**; whisk until melted, 30 seconds.



5. Finish sauce & serve

To skillet with **garlic**, add **broth mixture**, scraping up any browned bits from the bottom. Season to taste. Reduce heat to medium; simmer until slightly reduced, about 2 minutes. To bowl with **dressing**, add **lettuce** and **tomatoes**; toss to coat.

Serve **chicken francese** with **pan sauce** spooned over top and **salad** alongside. Pass **lemon wedges** for squeezing. Enjoy!



6. Pan frying!

When frying, make sure your oil is hot: it should reach 350°F with an oil thermometer. Or drop a pinch of flour into the oil—it should sizzle vigorously. Careful, oil may splatter while frying!