

DINNERLY



Parmesan Frico Chicken with Creamy Mushroom Sauce & Kale Salad



ca. 20min



2 Servings

Level up your dinner menu with this PremiYUM recipe! Maybe all you want to eat is chicken + veg, but what you really NEED is this flavor-packed experience. Not only are you getting crispy Parmesan-coated chicken, you're getting a creamy mushroom sauce to pour all over top. Alongside is a kale salad that's the furthest thing from boring—aka studded with dried cranberries and crunchy almonds. We've got you covered!

WHAT WE SEND

- ¾ oz Parmesan ⁷
- ½ lb mushrooms
- 1 bunch Tuscan kale
- 1 oz sliced almonds ¹⁵
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz cream cheese ⁷
- 1 oz dried cranberries

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- red wine vinegar

TOOLS

- microplane or grater
- medium nonstick skillet

COOKING TIP

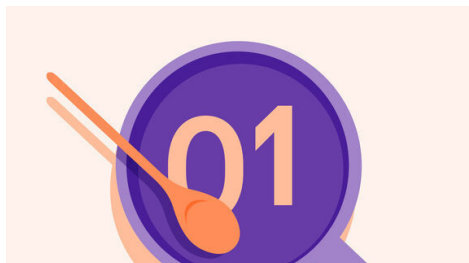
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ALLERGENS

Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 710kcal, Fat 44g, Carbs 30g, Protein 53g



1. Prep ingredients

Finely grate **Parmesan**, if necessary.

Finely chop **1 teaspoon garlic**.

Thinly slice **mushrooms**.

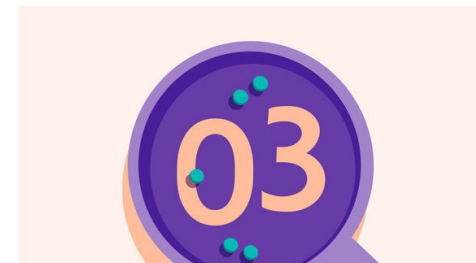
Strip **kale leaves** from stems; discard stems. Stack leaves and thinly slice crosswise into ribbons.



2. Prep nuts & vinaigrette

Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **almonds** and cook, stirring frequently, until toasted, 3–5 minutes. Transfer to a bowl.

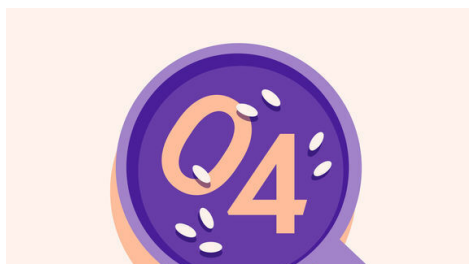
In a medium bowl, whisk to combine **1 tablespoon vinegar** and **3 tablespoons oil**; season to taste with **salt** and **pepper**.



3. Cook chicken

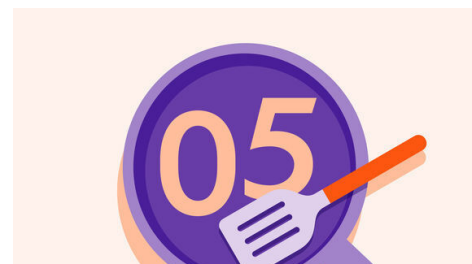
Pat **chicken** dry and season all over with **salt** and **pepper**. Sprinkle **Parmesan** all over and press to adhere.

Heat **2 tablespoons oil** in same skillet over medium-high. Add chicken and cook until cheese is browned and crisp and chicken is cooked through, 3–4 minutes per side (Transfer chicken to a 350°F oven to keep warm, if desired).



4. Make mushroom sauce

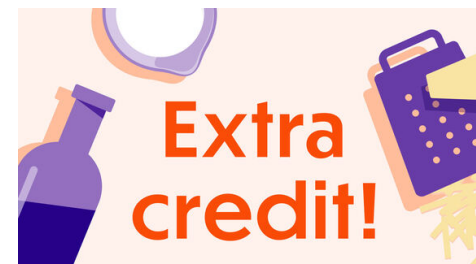
If skillet looks dry, add **1 tablespoon oil**. Add **mushrooms**; cook, stirring occasionally, until softened and starting to brown, 5–7 minutes. Add **chopped garlic**; cook until fragrant, about 1 minute. Add **¼ cup water**; bring to a simmer, scraping up any browned bits from bottom of skillet. Add **cream cheese**; cook, stirring, until melted. Season to taste with **salt** and **pepper**.



5. Make salad & serve

Add **kale**, **cranberries**, and **almonds** to bowl with **balsamic vinaigrette**; toss until evenly coated.

Serve **frico chicken** with **kale salad** and **mushroom sauce** over top. Enjoy!



6. Pro tip!

Here's a quick way to strip kale leaves from the stems: Hold the end of the stem in one hand and squeeze your other hand or a few fingers around the base of the leaf. Pull your hand up the stem to tear the leaf off.