

DINNERLY



Crispy Chicken Milanese with Arugula & Tomato Salad



30min



2 Servings

Milan might be known as one of the premier fashion capitals of the world, but it's so much more than that. Exhibit A: Chicken milanese. Chicken cutlets, pounded thin, coated in seasoned breadcrumbs, pan-fried, and served with a dressed arugula and tomato salad. You don't have to put on designer clothes to eat like you're in Milan—stay in your comfiest sweatpants if you want! We've got you covered!

WHAT WE SEND

- 1 plum tomato
- 1 lemon
- $\frac{3}{4}$ oz Parmesan ³
- 10 oz pkg boneless, skinless chicken breast
- 2 oz panko ¹
- 1 bag arugula

WHAT YOU NEED

- garlic
- neutral oil
- kosher salt & ground pepper
- $\frac{1}{4}$ cup all-purpose flour ¹
- 1 large egg ²

TOOLS

- microplane or grater
- large skillet

ALLERGENS

Wheat (1), Egg (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 770kcal, Fat 51g, Carbs 39g, Protein 47g

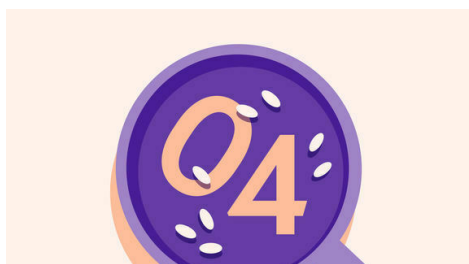


1. Marinate tomatoes

Halve **tomato** lengthwise, then thinly slice crosswise.

Finely chop $\frac{1}{2}$ **teaspoon garlic**; add to a large bowl. Add $1\frac{1}{2}$ **teaspoons lemon juice**, then whisk in **2 tablespoons oil**; season to taste with **salt** and **pepper**. Add tomatoes and toss to coat. Set aside to marinate at room temperature until step 5.

Cut any remaining lemon into wedges. Finely grate **Parmesan**, if necessary.



4. Pan-fry chicken

Heat $\frac{1}{4}$ -inch **oil** in a large skillet over medium-high until shimmering (see step 6!). Add **chicken** and cook until golden-brown, 2–3 minutes per side. Transfer to a paper towel-lined plate. Season with **salt** and **pepper**.



2. CHICKEN VARIATION

Pat **chicken** dry; pound to an even $\frac{1}{4}$ -inch thickness. Season with **salt** and **pepper**. Fill a resealable plastic bag with $\frac{1}{4}$ **cup flour** and a **pinch of salt**. Add chicken and shake to coat. Transfer chicken to a plate; discard flour from bag.

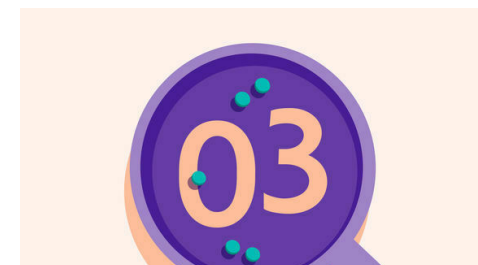
Fill same bag with **panko** and **Parmesan**.



5. Finish salad & serve

Add **arugula** to bowl with **tomatoes** and toss to combine.

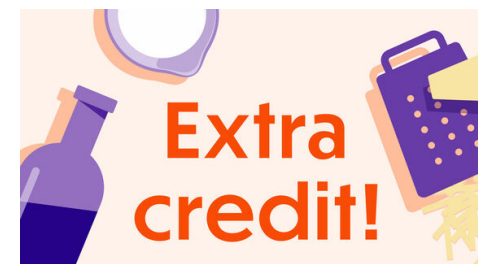
Serve **chicken milanese** with **salad** alongside and **any lemon wedges** for squeezing over top. Enjoy!



3. Bread chicken cutlets

In a shallow bowl, beat **1 large egg**. Tap off excess flour from **chicken**, then add to egg, one piece at a time. Turn to coat; let excess egg drip back into bowl.

Add chicken to bag with **panko mixture**; shake to coat. Transfer to a plate; press breading into chicken to help adhere.



6. How to: Pan-fry!

The trick to pan-frying at home is letting the oil get hot enough before adding the chicken—this will ensure the breading sticks to the chicken not the skillet! How do you know when the oil is hot enough? Sprinkle a pinch of flour or panko into the oil—it should sizzle vigorously. When working in batches, let the oil come back up to temperature before adding more chicken.