





Chicken Milanese

with Cucumber-Arugula Salad

 30-40min  2 Servings

The key to a truly fantastic chicken Milanese is pounding evenly to make thin cutlets, that cook quickly. Peppery wild arugula is the classic partner for the lightly fried cutlets; we've mixed in sliced cucumbers and a lemon-dill vinaigrette, for extra brightness. And, for a bit more flavor and fun, we serve the crisp chicken with a creamy Dijon dip.

What we send

- 12 oz pkg boneless, skinless chicken breasts
- 1 cucumber
- ¼ oz fresh dill
- 1 lemon
- 2 oz panko ^{1,6}
- 2 oz mayonnaise ^{3,6}
- 1 pkt Dijon mustard ¹⁷
- 3 oz arugula

What you need

- kosher salt & ground pepper
- 1 large egg ³
- ¼ c all-purpose flour ¹
- olive oil
- sugar

Tools

- meat mallet (or heavy skillet)
- large skillet

Allergens

Wheat (1), Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 47g, Carbs 42g, Proteins 49g



1. Pound chicken

Pat **chicken** dry, then place each breast between two pieces of plastic wrap. Using a meat mallet or heavy skillet, pound to an even ¼-inch thickness. Season chicken all over with **salt** and **pepper**.



2. Prep ingredients

Trim **cucumber** (peel if desired), then thinly slice. Finely chop **dill fronds and stems** together. Squeeze **1 tablespoon juice** from **half of the lemon** into a large bowl, then cut remaining lemon half into quarters.



3. Bread chicken

Beat **1 large egg** in a bowl with **1 tablespoon water**; season with a **pinch each of salt and pepper**. In a second bowl, whisk **¼ cup flour**; season with **salt**. Place **panko** in a third bowl. Dredge **chicken breasts** in flour. Dip into egg, letting excess egg drip back into bowl, then dip chicken into panko, pressing to help panko adhere. Transfer to a plate or small baking sheet.



4. Fry chicken

Heat **⅓ inch oil** in a large skillet over medium-high. Add **chicken breasts** (oil should sizzle vigorously when a pinch of flour is added) and cook until golden brown, 2-3 minutes. Flip and cook 1-2 minutes more, or until chicken is cooked through. Transfer chicken to a paper towel-lined plate. Season with **salt** and **pepper**.



5. Make dressing & dip

Into the large bowl with **lemon juice**, stir in **½ teaspoon sugar**. Whisk in **1 tablespoon oil** in a slow, steady stream. Season to taste with **salt** and **pepper**. Stir in **1½ teaspoons of the chopped dill**. In a small bowl, whisk to combine **all of the mayonnaise and Dijon mustard** and **2 teaspoons water**. Season creamy Dijon to taste with **salt** and **pepper**.



6. Finish salad & serve

Add **arugula** and **cucumbers** to **lemon-dill dressing**, tossing to combine; season to taste with **salt** and **pepper**. Garnish **chicken** with **remaining dill** and **lemon wedges**, for squeezing over top. Pass **creamy Dijon** at the table, for dipping. Enjoy!