



Oven-Fried Chicken

with Apple-Walnut Salad



ca. 20min



2 Servings

We took a classic baked chicken dinner, and elevated it by adding a spiced-mayonnaise into the mix, and it's on double duty. First, to adhere the panko coating to the chicken, which creates a crunchy crust when baked in the oven. The remaining mayonnaise is mixed with Parmesan and lemon juice, creating a creamy dressing for the apple-walnut salad. It's the perfect combination of flavors and tex...

What we send

- lemon
- head red leaf lettuce
- boneless, skinless chicken breasts
- pink lady apple

What you need

- kosher salt & ground pepper
- olive oil
- sugar

Tools

- meat mallet (or heavy skillet)
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

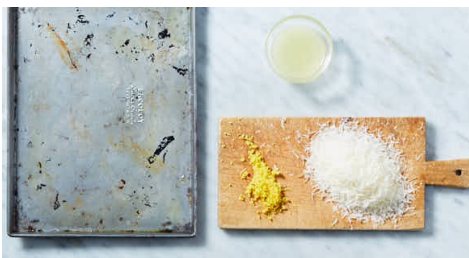
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 730.0kcal, Fat 52.0g, Proteins 43.0g, Carbs 27.0g



1. Prep ingredients

Preheat oven to 425°F with top rack 6 inches from heat source. Finely grate **lemon zest**, then squeeze **all of the lemon juice** into a separate small bowl. Finely grate **Parmesan**. Lightly **oil** a rimmed baking sheet.



4. Cook chicken

One a plate, toss **panko** with **1 tablespoon oil** and **half of the Parmesan**. Dip mayo-coated side of **chicken** into panko, pressing to adhere. Transfer to prepared baking sheet, panko-side up. Bake chicken until cooked through, about 10 minutes. Remove from oven; turn on broiler. Broil until chicken is golden and crispy, 1-2 minutes (watch closely as ovens vary).



2. Prep chicken

Pat **chicken** dry, then, using a meat mallet or heavy skillet, pound to an even ½-inch thickness. Season lightly with **salt** and **pepper**. In a small bowl, combine **mayonnaise**, **lemon zest**, and **1 tablespoon of the jerk spice blend**. Transfer **half of the spiced mayonnaise** to a large bowl; spread remaining spiced mayonnaise over top side of the chicken.



5. Make salad

To the large bowl with **remaining spiced mayonnaise**, add **1½ tablespoons each lemon juice and oil**, season to taste with **a pinch each sugar, salt, and pepper**; whisk to combine. Add **lettuce, apples, walnuts**, and **remaining Parmesan**, and toss well to combine.



3. Prep salad

Cut **apple** into quarters, remove core and seeds, and thinly slice (no need to peel). Transfer **walnuts** to a sheet of foil, and toss with **½ teaspoon oil**. Bake walnuts until golden, 4-5 minutes (watch closely). Sprinkle with **salt**. Remove any wilted **lettuce** leaves, then tear lettuce into bite size pieces, discarding end.



6. Finish & serve

Transfer **chicken** to a cutting board and slice if desired. Serve with **salad** alongside. Enjoy!