





Chicken Milanese

with Cucumber-Arugula Salad

 30-40min  2 Servings

The key to a truly fantastic chicken milanese is pounding the chicken cutlets to make them evenly thin so they cook quickly. Peppery arugula is a classic match to the lightly fried decadence of chicken milanese, and we've mixed in cucumbers and a lemon-dill vinaigrette for extra brightness. For an added pop of flavor and fun, we serve the crispy chicken with a creamy Dijon dip. Cook, relax, and...

What we send

- boneless, skinless chicken breasts
- fresh dill
- Dijon mustard ¹⁷
- cucumber
- lemon
- arugula

What you need

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

Tools

- large skillet
- meat mallet (or heavy skillet)

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

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

Nutrition per serving

Calories 705kcal, Fat 48g, Carbs 31g, Proteins 31g



1. Pound chicken

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



2. Prep vegetables

Trim ends from **cucumbers**, then thinly slice. Chop **dill fronds**, discard stems. Squeeze **1 tablespoon juice** from half of the lemon, then cut remaining lemon half into quarters.



3. Bread chicken

Beat **1 egg** in a bowl with **1 tablespoon water**; season with **a pinch each salt and pepper**. Whisk **¼ cup flour** and **¼ teaspoon salt** in another bowl. Place **panko** in third bowl. Coat **chicken breasts** in flour, then egg. Let excess egg drip back into bowl then dip chicken in panko, pressing to help panko adhere. Transfer to plate or small baking sheet.



4. Fry chicken

Heat **⅛-inch of oil** in a large skillet over medium-high. Add **chicken breasts** to the skillet and cook until golden brown, 2-3 minutes. Flip, cook 1-2 minutes more, or until cooked through. Drain on paper towels. Season generously with **salt** and **pepper**.



5. Make dressing & dip

In a large bowl, whisk **lemon juice** and **½ teaspoon sugar**. Whisk in **1 tablespoon oil** in a slow, steady stream. Season to taste with **salt** and **pepper**. Stir in **1½ teaspoons chopped dill**. In a small bowl, whisk **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** and toss to combine; season to taste with **salt** and **pepper**. Garnish **chicken** with **remaining dill** and **lemon wedges** for squeezing over. Pass **creamy Dijon** at the table for dipping. Enjoy!