



# DINNERLY



## Crispy Chicken Milanese with Marinated Tomato & Arugula Salad

 20-30min  2 Servings

Milan might be known as one of the premier fashion capitals of the world, but it's so much more than just Dolce & Gabbana. Exhibit A: Chicken Milanese. Chicken breasts, pounded thin, coated in seasoned breadcrumbs, pan-fried, and served with a dressed arugula and tomato salad. We like our salad on top for a bit of vinaigrette in each bite. Ready to Wear? More like Ready to Eat. We've got you co...

## WHAT WE SEND

- garlic
- plum tomatoes
- boneless, skinless chicken breasts
- baby arugula

## WHAT YOU NEED

- 1 large egg <sup>3</sup>
- all-purpose flour <sup>1</sup>
- kosher salt & ground pepper
- red wine vinegar

## TOOLS

- large skillet
- meat mallet (or heavy skillet)

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 552kcal, Fat 35g, Carbs 24g, Proteins 33g



### 1. Prep ingredients

Halve **tomato** lengthwise, then thinly slice crosswise. Peel and finely chop **1 medium garlic clove**. In a large bowl, whisk together garlic, **1 tablespoon vinegar**, **2 tablespoons oil**; and season to taste with **salt** and **pepper**. Add tomatoes to vinaigrette. Let stand at room temperature until step 5, stirring occasionally. Finely grate **Parmesan**.



### 2. Prep chicken

Pat **chicken** dry, then pound to an even ¼-inch thickness. Season with ½ **teaspoon salt** and **a few grinds pepper**. Fill a resealable plastic bag with ¼ **cup flour** and **a pinch of salt**. Add chicken to bag, seal, and toss to coat. Transfer to a plate; discard flour from bag. Fill same bag with **panko** and **Parmesan**.



### 3. Bread chicken

Beat **1 large egg** in a shallow bowl. Tap off excess flour from **chicken**, then add to **egg**. Turn to coat in egg, then lift chicken out, allowing excess egg to drip back into the bowl. Add chicken to **panko mixture**. Seal bag and toss to coat. Transfer to a plate and press breading onto chicken to help adhere.



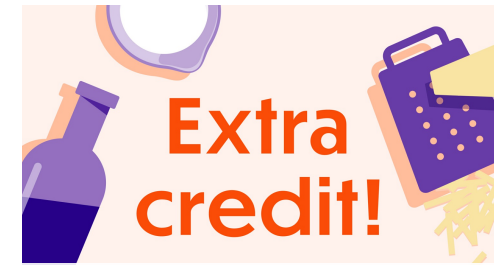
### 4. Pan-fry chicken

Heat ¼-inch **oil** in a large nonstick skillet over medium-high until shimmering. Add **chicken** to skillet and cook until golden brown all over, about 3 minutes per side. Drain on a paper towel-lined plate. Season with **salt** and **pepper**.



### 5. Make salad & serve

Transfer **arugula** to bowl with **tomatoes** and toss to combine. Serve **chicken** with **some of the salad** on top or alongside. Enjoy!



### 6. Take it to the next level

Add a pinch of Italian seasoning to the panko-Parmesan mixture! Throw some thinly sliced cucumber, celery, or pepperoncini into the salad for a crunch in each bite.