



DINNERLY



Crispy Chicken Milanese with Marinated Tomato & Arugula Salad

 20-30min  4 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

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

WHAT YOU NEED

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

TOOLS

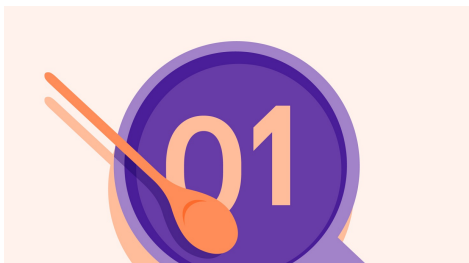
- large skillet
- meat mallet (or heavy skillet)

ALLERGENS

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

NUTRITION PER SERVING

Calories 458kcal, Fat 27g, Carbs 20g, Proteins 31g



1. Prep ingredients

Halve **tomatoes** lengthwise, then thinly slice crosswise. Peel and finely chop **1 large garlic clove**. In a large bowl, whisk together garlic, **1 tablespoon vinegar**, **3 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 **1 teaspoon salt** and **a few grinds pepper**. Fill a resealable plastic bag with **½ cup flour** and **a pinch of salt**. Add chicken to bag, seal and toss to coat. Transfer to a plate; discarding 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 to **panko mixture**. Seal bag and toss to coat. Transfer to a plate and press breading on to 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, working in batches if necessary, 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.