



DINNERLY



LOW CARB

PICKY EATER
PROOF

Crispy Chicken Cutlet with Caesar Salad

 20-30min  4 Servings

This meal feels like a decadent Sunday supper thanks to the pan-fried, crispy chicken cutlets and Caesar salad with homemade creamy dressing. But who wants to wait until Sunday? And let's be honest. It's treat yourself dinners like this one that help us get through the week. You deserve it! We've got you covered!

WHAT WE SEND

- garlic
- boneless, skinless chicken breasts
- romaine hearts
- Dijon mustard ¹⁷

WHAT YOU NEED

- 1 large egg ³
- kosher salt & ground pepper
- olive oil
- white wine vinegar ¹⁷

TOOLS

- large skillet
- meat mallet (or heavy skillet)

ALLERGENS

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

NUTRITION PER SERVING

Calories 530kcal, Fat 38g, Carbs 14g, Proteins 31g



1. Prep ingredients

Peel **1 large garlic clove** and grate **1 teaspoon** into a large bowl. Add **3 tablespoons vinegar** to bowl with garlic. Finely grate **Parmesan**, keeping it separate. Set aside.



2. Make dressing

Whisk **Dijon** and **mayonnaise** into bowl with **garlic** and **vinegar**. Gradually whisk in **2 tablespoons oil**. Whisk in **half of the grated Parmesan** and **several grinds of pepper**; season to taste with **salt**. Set aside for step 5.



3. Prep breading & chicken

Whisk **1 egg** and **1 tablespoon water** in a large shallow baking dish; season with **salt** and **pepper**. Transfer **panko** and **remaining Parmesan** to a separate shallow baking dish; season with **salt** and **pepper**. Pat **chicken** dry. Using a meat mallet, pound chicken to an even **¼-inch** thickness; season with **salt** and **pepper**.



4. Bread & cook chicken

Dip each **chicken breast** into **egg mixture**, then into **panko-Parmesan mixture**, pressing so crumbs adhere. Heat **½-inch oil** in a large skillet over medium-high. Add two of the chicken breasts, and cook until golden-brown and just cooked through, about **3 minutes** per side. Repeat with remaining chicken.



5. Finish salad & serve

Halve **romaine** lengthwise, then cut crosswise into **1-inch** pieces, discarding ends. Transfer to bowl with **dressing** and toss well to combine. Serve **chicken** with **Caesar salad** alongside. Enjoy!



6. Carbo load

If you need to bulk this out for a crowd, or are just looking for a side, throw together a simple pasta accompaniment with an olive oil-garlic sauce, or even a butter-Parmesan sauce.