

SKU1755 hero

Lemony Chicken Francese

with Caesar Salad & Homemade Croutons



20-30min



2 Servings

No need to make a reservation, we're bringing classic Italian-American restaurant fare to your kitchen table. Chicken Francese is an iconic dish—and for a good reason—it's delicious! Tender chicken breast is dipped in egg and then flour, creating a perfect coating to absorb the buttery lemon sauce. The chicken is served alongside a romaine salad tossed in a Caesar-style dressing with crunchy cr...

What we send

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

What you need

- 1 large egg ³
- all-purpose flour ¹
- butter ⁷
- kosher salt & ground pepper
- olive oil

Tools

- box grater or microplane
- meat mallet (or heavy skillet)
- medium 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), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 35g, Carbs 60g, Proteins 52g



1. Make dressing

Preheat oven to 425°F with a rack in the center position. Finely grate **Parmesan** into a large bowl. Peel and grate **½ teaspoon garlic** into same bowl. Juice **lemon**. Whisk in **1½ tablespoons lemon juice** (reserve remaining juice for step 5). Whisk in **Dijon, mayonnaise,** and **1 tablespoon oil**. Season to taste with **salt** and **several grinds of pepper**.



4. Coat & cook chicken

Dip **chicken** in **egg mixture**, then press into the **flour**, tapping off excess. In a medium skillet heat **½ inch oil** over medium-high. Add chicken and cook until golden brown and cooked through, 4-5 minutes per side. Transfer to a paper towel-lined plate.



2. Make croutons

Cut **ciabatta** into 1-inch pieces. Spread in a single layer on a piece of foil, and bake on center oven rack until toasted, 6-8 minutes (watch closely).



5. Make sauce

Whisk **½ cup water, reserved lemon juice, broth concentrate,** and **1 tablespoon butter** into skillet, scraping up any browned bits. Season to taste with **salt** and **pepper**. Reduce heat to medium. Simmer until slightly reduced, about 2 minutes.



3. Prep chicken

Beat **1 large egg** in a shallow bowl; season with **salt** and **pepper**. In a second shallow bowl, combine **½ cup flour** and **½ teaspoon salt**. Pat **chicken** dry. Using a meat mallet or heavy skillet, pound **chicken** to ¼-inch thickness; season all over with **salt** and **pepper**.



6. Finish salad & serve

Cut **romaine** crosswise into 1-inch pieces, discarding ends. Add romaine and **croutons** to the bowl with **dressing**, and toss well to combine. Add **chicken** back to the skillet, turning to coat with **sauce**, which will thicken slightly. Transfer to plates, spoon sauce on top, and serve **salad** alongside. Enjoy!