

Parmesan-Crusted Chicken

with Roasted Potatoes & Cherry Tomato-Arugula Salad

In the summer, we love to take advantage of the wide array of colors (and nuanced flavors) that's naturally available in our vegetables and fruits. This recipe does just that—in two sides for classic chicken cutlets, crusted with panko breadcrumbs and sharp Parmesan. We're serving up roasted tricolor potatoes, in addition to a refreshing arugula salad with juicy cherry tomatoes of various hues. These delicious vegetables are sure to brighten up your day as well as your plate.

Ingredients

- 4 Chicken Cutlets
- 2 Farm Eggs
- 1 Cup Panko Breadcrumbs
- 8 Ounces Multicolored Cherry Tomatoes
- 2 Ounces Arugula
- 1 Lemon
- 1 Pound Multicolored Potatoes

Knock Knocks

- 1 Shallot
- 1 Tablespoon Dijon Mustard
- ½ Cup All-Purpose Flour
- ⅓ Cup Grated Parmesan Cheese

Makes 4 Servings

About 540 Calories Per Serving

Prep Time: 10 min | Cook Time: 25 to 35 min



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp130

1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Crack the eggs into a medium bowl; beat until smooth. Cut the potatoes into bite-sized wedges. Halve the tomatoes. Quarter and deseed the lemon. Peel and mince the shallot to get 2 tablespoons of minced shallot (you may have extra); place in a bowl with **the juice of all 4 lemon wedges**.

2



Roast the potatoes:

Place the **potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 22 to 24 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

3



Bread the chicken:

While the potatoes roast, place the **flour** in a medium bowl; season with salt and pepper. Combine the **breadcrumbs** and **half the Parmesan cheese** in a separate medium bowl; season with salt and pepper. Pat the **chicken cutlets** dry with paper towels; season with salt and pepper on both sides. Working 1 at a time, thoroughly coat the seasoned cutlets in the flour (tapping off any excess), then in the **beaten eggs** (letting the excess drip off), then in the **breadcrumb-Parmesan cheese mixture** (pressing to adhere). Transfer the breaded cutlets to a plate.

4



Cook the chicken:

While the potatoes continue to roast, in a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high until hot. Once hot enough that a few breadcrumbs sizzle immediately when added to the pan, add the **breaded chicken cutlets**. Cook 4 to 5 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper.

5



Make the vinaigrette:

While the chicken cooks, add the **mustard** to the **shallot-lemon juice mixture**; season with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until well combined.

6



Make the salad & serve your dish:

Just before serving, in a large bowl, combine the **arugula**, **tomatoes** and **remaining Parmesan cheese**; season with salt and pepper. Add enough of the **vinaigrette** to coat the salad (you may have extra vinaigrette). Toss to combine; season with salt and pepper to taste. Divide the **roasted potatoes**, **cooked chicken cutlets** and **salad** between 4 plates. Enjoy!