

Chicken Milanese

with Summer Corn, Cherry Tomato & Cucumber Salad

Chicken Milanese, a classic Italian dish named for the city of Milan, consists of a thinly-sliced, breaded and lightly-fried cutlet. During summer in Italy, it's traditionally served under an array of seasonal vegetables. In our spin featuring American summer produce, we're serving the vegetables in a tangy side salad featuring colorful cherry tomatoes, fresh corn and opal basil. The result—crispy, golden-brown chicken paired with the incredible bounty of the season—is a simply delicious dinner.



Ingredients

- 2 Chicken Cutlets
- ¾ Cup Panko Breadcrumbs
- 4 Ounces Mixed Cherry Tomatoes
- 2 Ears Of Corn
- 2 Ounces Arugula
- 1 Kirby Cucumber
- 1 Bunch Opal Basil

Knick Knacks

- 2 Tablespoons All-Purpose Flour
- 1 Tablespoon Red Wine Vinegar
- ¼ Cup Dijon Mustard

Makes 2 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 15 to 25 min

1



Prepare the ingredients:

Wash and dry the fresh produce. Remove and discard the husks and silks of the corn. Cut the corn kernels off the cobs; discard the cobs. Halve the tomatoes. Halve the cucumber lengthwise; using a spoon, scoop out and discard the seeds. Medium dice the cucumber. Pick the opal basil leaves off the stems; discard the stems. In a medium bowl, combine $\frac{3}{4}$ of the **mustard** and **3 tablespoons of water**.

2



Cook the corn:

In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **corn**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until tender. Transfer to a large bowl. Wipe out the pan.

3



Bread the chicken:

Place the **flour** and **breadcrumbs** into 2 separate medium bowls. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Working 1 at a time, completely coat the seasoned chicken in the flour (tapping off any excess), then dip in the **mustard-water mixture** (letting the excess drip off), then thoroughly coat in the breadcrumbs (pressing down firmly). Transfer to a sheet pan (or plate).

4



Cook the chicken:

In the pan used to cook the corn, heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a few breadcrumbs sizzle immediately when added to the pan, add the **breaded chicken**. Cook 3 to 5 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate; season immediately with salt.

5



Make the vinaigrette:

While the chicken cooks, in a small bowl, combine the **vinegar** and **remaining mustard**; season with salt and pepper to taste. Slowly whisk in **2 tablespoons of olive oil** until thoroughly combined.

6



Make the salad & plate your dish:

To the bowl of cooked corn, add the **arugula**, **cucumber**, **tomatoes** and **half the opal basil**; season with salt and pepper. Add enough of the **vinaigrette** to coat the salad (you may have extra vinaigrette); toss to mix and season with salt and pepper to taste. Divide the **cooked chicken** and **salad** between 2 plates. Garnish with the **remaining opal basil**. Enjoy!