

# Chicken Milanese

*with Arugula, Potato & Radish Salad*

Breaded cutlets are popular the world over, with many regions having their own variations. Milanese is a popular South American version, which likely originally made its way to the continent via Italian immigrants in the late 19<sup>th</sup> Century. To make our chicken Milanese, we're coating chicken in flour, egg and breadcrumbs, then pan-frying it to a gorgeous golden brown. On the side, we're serving a warm salad of peppery arugula, roasted potatoes, radish and a sour cream vinaigrette, for the perfect piquant counterpoint.



## Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 2 Farm Eggs
- 1 Cup Panko Breadcrumbs
- 1 Pound Yukon Gold Potatoes
- 3 Radishes
- 2 Ounces Arugula
- 1 Lemon

## Knick Knacks

- 2 Tablespoons Whole Grain Dijon Mustard
- 1 Tablespoon Apple Cider Vinegar
- ¼ Cup All-Purpose Flour
- ¼ Cup Sour Cream

Makes 4 Servings

About 650 Calories Per Serving

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





# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/fp236](https://blueapron.com/recipes/fp236)

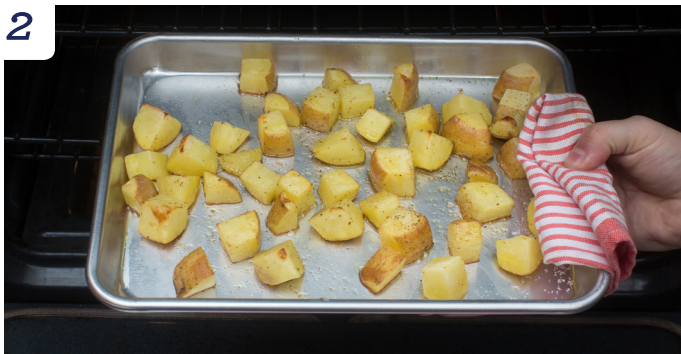
1



## Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Medium dice the potatoes. Crack the eggs into a medium bowl; beat until smooth. Cut off and discard the ends of the radishes; very thinly slice into rounds. Quarter and deseed the lemon.

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 18 to 20 minutes, or until tender when pierced with a fork. Remove from the oven.

3



## Bread the chicken:

While the potatoes roast, place the **flour** and **breadcrumbs** in 2 separate medium bowls; season each with salt and pepper. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Working 1 piece at a time, thoroughly coat both sides of the seasoned chicken in the flour (tapping off any excess), then in the **eggs** (letting the excess drip off), then in the breadcrumbs (pressing to adhere).

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 the oil is hot enough that a few breadcrumbs sizzle immediately when added to the pan, add the **breaded chicken**. Cook 4 to 6 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, in a small bowl, combine the **vinegar**, **mustard** and **sour cream**; season with salt and pepper to taste. Slowly whisk in **1 tablespoon of olive oil** until well combined.

6



## Make the salad & plate your dish:

Just before serving, in a large bowl, combine the **roasted potatoes**, **arugula** and **radishes**; season with salt and pepper. Add enough of the **vinaigrette** to coat the salad (you will have extra vinaigrette). Toss to mix; season with salt and pepper to taste. Divide the **salad** and **cooked chicken** between 4 plates. Garnish with the **lemon wedges**. Serve with the remaining vinaigrette on the side, if you'd like. Enjoy!