

Panko-Crusted Chicken

with Pea Tip Salad & Pink Lemon

Bring on the crunch, chefs! In this dish, we're making crispy, panko-crusted chicken with a springtime salad of sugar snap peas, peppery radishes and pea tips (the leaves of the pea plant). And for a truly gourmet garnish, we're serving gorgeous pink lemon alongside our chicken and salad. A faintly striped variety with pink-tinged flesh, its mellow acidity adds plenty of floral, citrusy brightness to this seasonal meal.



Blue Apron Wine Pairings

Die Fonteine Sauvignon Blanc, 2015

Rogers Vineyards Sauvignon Blanc, 2014



Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 2 Farm Eggs
- 1 Cup Panko Breadcrumbs
- 4 Ounces Pea Tips
- 3 Radishes
- 1 Lemon
- 1 Pink Lemon
- ½ Pound Sugar Snap Peas

Knick Knacks

- 1 Shallot
- 1 Tablespoon Whole Grain Dijon Mustard
- ¼ Cup All-Purpose Flour

Makes: 4 servings | **Calories:** about 630 per serving

Prep Time: 15 minutes | **Cook Time:** 20–30 minutes



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Recipe #247

Instructions

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1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Snap off and discard the stem end of each sugar snap pea; pull off and discard the tough string that runs the length of the pod. Crack the eggs into a medium bowl; beat until smooth. Trim off and discard the stem ends of the radishes; very thinly slice the radishes into rounds. Quarter and deseed the lemons. 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 regular lemon wedges**.

2



Blanch the sugar snap peas:

Add the **sugar snap peas** to the pot of boiling water. Cook 2 to 3 minutes, or until bright green; drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Thoroughly pat the blanched sugar snap peas dry with paper towels and transfer to a large bowl.

3



Make the vinaigrette:

While the sugar snap peas cook, 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.

4



Bread the chicken:

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

5



Cook the chicken:

In a large pan (nonstick, if you have one), heat a thin layer of oil on medium until hot. Once the oil is hot enough that a few breadcrumbs sizzle immediately when added to the pan, add the **breaded chicken** and cook 4 to 6 minutes per side, or until golden brown and cooked through. Remove from heat and transfer to a paper towel-lined plate; immediately season with salt and pepper.

6



Make the salad & plate your dish:

Just before serving, to the bowl of **blanched sugar snap peas**, add the **radishes**, **pea tips** and 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 4 plates. Serve with the **pink lemon wedges** on the side. Enjoy!