

Francese-Style Chicken

with Arugula & Green Bean-Potato Salad

Chicken Francese is a celebrated preparation, traditionally featuring chicken coated in egg and pan-fried, then served with a lemon-based sauce. For this succulent adaptation, we're capturing that characteristic lemon flavor in two unique ways. We're using a splash of lemon juice to dress Parmesan-dusted arugula, served atop our crispy chicken. And on the side, our warm potato and green bean salad eagerly soaks up the flavors of a bright lemon vinaigrette.

Blue Apron Wine Pairings

Vermillion White, 2015

Château Les Girards Bordeaux White, 2015



Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 2 Farm Eggs
- ½ Cup All-Purpose Flour
- 4 Ounces Cherry Tomatoes
- 2 Ounces Arugula
- 1½ Pounds Red Potatoes
- 1 Lemon
- ¾ Pound Green Beans

Knick Knacks

- 1½ Tablespoons Whole Grain Dijon Mustard
- 1 Shallot
- ⅓ Cup Grated Parmesan Cheese

Makes: 4 servings | **Calories:** about 520 per serving
Prep Time: 15 minutes | **Cook Time:** 20–30 minutes

Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp335

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Quarter and deseed the lemon. Peel the shallot and finely chop to get 2 tablespoons (you may have extra); place in a large bowl with **the juice of 3 lemon wedges**. Cut the potatoes into bite-sized pieces. Snap off and discard the stem ends of the green beans; cut into 2-inch pieces on an angle. Crack the eggs into a medium bowl; beat until smooth. Halve the tomatoes.

2



Cook the potatoes & green beans:

Add the **potatoes** to the pot of boiling water. Cook 11 to 13 minutes, or until slightly softened. Add the **green beans**. Cook 2 to 3 minutes, or until the green beans are bright green and the potatoes are tender when pierced with a fork. Drain thoroughly.

3



Coat & cook the chicken:

While the potatoes cook, place the **flour** in a medium bowl; season with salt and pepper. Pat the **chicken** dry with paper towels; season both sides with salt and pepper. 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 pinch of flour sizzles immediately when added, working 1 piece at a time, thoroughly coat the seasoned chicken in the flour (tapping off any excess), then in the **beaten eggs** (letting the excess drip off). Carefully add to the pan; 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. Transfer to a serving dish and set aside in a warm place.

4



Make the green bean & potato salad:

To make the dressing, add the **mustard** to the **shallot-lemon juice mixture**. Slowly whisk in **2 tablespoons of olive oil** until well combined; season with salt and pepper to taste. Add the **tomatoes** and **cooked potatoes and green beans** to the bowl of dressing; gently toss to coat and season with salt and pepper to taste. Transfer to a serving dish and set aside in a warm place.

5



Dress the arugula & serve your dish:

Just before serving, in a large bowl, combine the **arugula**, **cheese** and **the juice of the remaining lemon wedge**; season with salt and pepper. Drizzle with olive oil; toss to mix. Season with salt and pepper to taste. Top the **cooked chicken** with the dressed arugula. Serve with the **green bean and potato salad** on the side. Enjoy!