

Crispy Chicken Milanese

with Warm Brussels Sprout & Potato Salad

Chicken Milanese is an Italian classic with no shortage of crowd-pleasing crunch. Here, our breaded, pan-fried chicken finds a delicious complement in the bite of Brussels sprouts and celery, tossed with tender potato in a lemon-mustard vinaigrette. (Separating the Brussels sprouts' leaves before sautéing allows them to crisp up quickly on the stove.) For another pop of satisfying flavor, we're adding in shaved Parmesan with the warm vegetables.

Blue Apron Wine Pairings

Wellington Farms Chardonnay, 2015

Lyrup Chardonnay, 2015



Ingredients

- 2 Boneless, Skinless Chicken Breasts
- 1 Cage-Free Farm Egg
- $\frac{3}{4}$ Cup Panko Breadcrumbs
- 5 Ounces Brussels Sprouts
- 2 Stalks Celery
- 1 Russet Potato
- 1 Lemon

Knock Knacks

- 2 Tablespoons All-Purpose Flour
- 2 Tablespoons Shaved Parmesan Cheese
- 1 Shallot
- 1 Tablespoon Whole Grain Dijon Mustard

Makes: 2 servings | **Calories:** about 670 per serving

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



1



Prepare the ingredients & make the vinaigrette:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Medium dice the potato. Cut off and discard the stem ends of the Brussels sprouts. Pick off and reserve the Brussels sprout leaves; thinly slice the lighter cores. Thinly slice the celery crosswise. Quarter and deseed the lemon. Peel the shallot and mince to get 2 tablespoons (you may have extra). In a bowl, combine the **shallot**, **mustard** and the **juice of 2 lemon wedges**. Slowly whisk in **2 tablespoons of olive oil** until well combined; season with salt and pepper to taste.

2



Cook the potato:

Add the **potato** to the pot of boiling water and cook 13 to 15 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot.

3



Cook the Brussels sprouts:

While the potato cooks, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **Brussels sprouts**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned and slightly softened. Transfer to a bowl. Wipe out the pan.

4



Bread the chicken:

While the potato continues to cook, place the **flour** and **breadcrumbs** in 2 separate medium bowls (or plates); season with salt and pepper. Crack the **egg** into a separate medium bowl and beat until smooth. 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 beaten egg (letting the excess drip off), then in the breadcrumbs (pressing to adhere). Transfer to a plate.

5



Cook the chicken:

While the potato continues to cook, in the same pan, 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**. Cook 3 to 5 minutes per side, or until golden brown and cooked through. Remove from heat.

6



Make the salad & plate your dish:

While the chicken cooks, to the pot of **cooked potato**, add the **cooked Brussels sprouts**, **celery**, **cheese** and enough of the **vinaigrette** to coat the salad (you may have extra vinaigrette). Stir to thoroughly combine; season with salt and pepper to taste. Divide the salad and **cooked chicken** between 2 dishes. Serve with the **remaining lemon wedges** on the side, if you'd like. Enjoy!