

# Ingredients\*



2 Boneless, Skinless Chicken Breasts



1 Pasture-Raised Egg



1 Apple



1 Tbsp Apple Cider Vinegar



2 Tbsps Roasted **Pistachios** 





#### **TECHNIQUE TO HIGHLIGHT**

You'll make these delicious cutlets by pounding chicken breasts until thin, coating them in egg and breadcrumbs, then pan-frying until golden brown and crispy. They're perfectly complemented by a tangy-sweet apple compote and squash topped with rich pancetta, feta cheese, and more.



<sup>\*</sup>Ingredients may be replaced and quantities may vary.



#### "Alexa, find Blue Apron recipes."

#### Prepare the ingredients & make the date topping

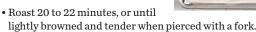
- Remove the **honey** from the refrigerator to bring to room temperature.
- · Place an oven rack in the center of the oven; preheat to 450°F.
- · Wash and dry the fresh produce.
- · Cut off and discard the ends of the squash. Quarter lengthwise; using a spoon, scoop out and discard the pulp and seeds.



- Grate the apple on the large side of a box grater, discarding the core.
- · Roughly chop the pistachios.
- Pit and roughly chop the dates.
- Roughly chop the parsley leaves and stems.
- Quarter and deseed the lemon.
- In a bowl, combine the chopped pistachios, chopped dates, half the chopped parsley, the juice of 2 lemon wedges, and 2 tablespoons of olive oil; season with salt and pepper.

### 2 Roast the squash

- · Line a sheet pan with foil.
- Place the quartered squash on the foil.
- Drizzle with olive oil and season with salt, pepper, and half the spice blend; toss to coat. Arrange in an even layer, cut side down.



· Remove from the oven.



## 3 Cook the pancetta & make the apple compote

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until hot.
- Add the pancetta. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a paper towel-lined plate.
- To the pan, add the grated apple and 1 tablespoon of water (carefully, as the liquid may splatter). Season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.



#### Step 3 continued:

- Add the **honey** (kneading the packet before opening) and **vinegar**. Cook, stirring frequently, 2 to 3 minutes, or until most of the liquid has cooked off.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Rinse and wipe out the pan.

#### 4 Pound & bread the chicken

- Pat the chicken dry with paper towels. Place between two sheets of plastic wrap on a sturdy surface.
- Using the bottom of a heavy pan (or a meat mallet), pound the chicken to about a 1/4-inch thickness.



- Remove and discard the plastic wrap. Season with salt and pepper on both sides.
- Crack the egg into a shallow bowl; season with salt and pepper and beat until smooth.
- Place the breadcrumbs and remaining spice blend on a large plate; stir to combine.
- Working one piece at a time, thoroughly coat the seasoned chicken in the beaten egg (letting any excess drip off), then in the seasoned **breadcrumbs** (pressing to adhere). Transfer to a separate plate.

### 5 Cook the chicken

- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of breadcrumbs sizzles immediately when added, add the breaded chicken (tapping off any excess). 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.

# 6 Finish the squash & serve your dish

- Transfer the roasted squash to two serving plates; top with the date topping, cooked pancetta, cheese (crumbling before adding) and remaining chopped parsley.
- Serve the cooked chicken with the finished squash. Top the chicken with the apple compote. Serve the remaining lemon wedges on the side. Enjoy!



\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.



