



LEMON PARSLEY CHICKEN PAILLARD

with Balsamic Burrata, Arugula Salad & Toasted Baguette

INGREDIENTS

2 PERSON | 4 PERSON



4 oz | 8 oz
Grape Tomatoes



¼ oz | ½ oz
Parsley



1 | 2
Lemon



1 | 2
Demi-Baguette
Contains: Soy, Wheat



5 tsp | 10 tsp
Balsamic Glaze



10 oz | 20 oz
Chicken Cutlets



1 tsp | 2 tsp
Garlic Powder



2 oz | 4 oz
Arugula



4 oz | 8 oz
Burrata Cheese
Contains: Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

HELLO

PAILLARD

Chefspeak for a cut of meat pounded thin so it cooks up faster and more tender.



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 760



HELLO FRESH

MAKING THE CUT

Always seem to squish tomatoes when you're slicing? Switch to a serrated or bread knife! The teeth on the blade will cut through the skin every time.

BUST OUT

- Zester
- Large pan
- Large bowl
- Paper towels
- Plastic wrap
- Mallet
- Aluminum foil
- Kosher salt
- Black pepper
- Olive oil (**2½ TBSP** | **4 TBSP**)
- Sugar (**¼ tsp** | **½ tsp**)
- Cooking oil (**1 tsp** | **1 tsp**)
- Butter (**1 TBSP** | **2 TBSP**)

Contains: Milk



1 PREP

- Wash and dry produce.
- Halve **tomatoes** lengthwise. Pick **parsley leaves** from stems; finely chop leaves. Zest and quarter **lemon**. Halve **baguette** lengthwise.



2 COOK TOMATOES

- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **tomatoes** and cook, stirring occasionally, until lightly charred and slightly softened, 2-3 minutes.
- Turn off heat; transfer tomatoes to a large bowl. Toss with **½ tsp balsamic glaze** (**1 tsp for 4 servings; save the rest for serving**), **¼ tsp sugar** (**½ tsp for 4**), a **pinch of salt**, and **pepper**. Wipe out pan.



3 PREP CHICKEN

- Pat **chicken*** dry with paper towels; place between 2 large pieces of plastic wrap. Pound with a mallet or rolling pin until chicken is about ½ inch thick. Season all over with **garlic powder**, **salt**, and **pepper**.



4 COOK CHICKEN

- Heat a **drizzle of oil** in pan used for tomatoes over medium-high heat. Add **chicken** and cook until browned and cooked through, 2-3 minutes per side.
- Remove from heat. Add **lemon zest**, **half the parsley**, **1 TBSP butter** (**2 TBSP for 4 servings**), a **large drizzle of olive oil**, and a **squeeze of lemon juice**. Stir until butter melts, then turn chicken to coat. Transfer chicken to a cutting board and tent with foil to keep warm.



5 TOAST BREAD

- While chicken rests, place **baguette halves**, cut sides down, in pan used for chicken over medium heat. (**TIP: Move bread around in pan to absorb the pan sauce.**) Cook until golden brown and toasted, 2-3 minutes.
- Turn off heat; transfer to a cutting board. Season cut sides with a **pinch of salt and pepper**. Halve on a diagonal.



6 MAKE SALAD

- Add **arugula**, **1½ TBSP olive oil** (**3 TBSP for 4 servings**), a **squeeze of lemon juice** (**big squeeze for 4**), and a **big pinch of salt** to bowl with **tomatoes**. Toss to combine.



7 SERVE

- Divide **chicken**, **salad**, and **baguette** between plates. Top salad with **burrata** and season with **salt** and **pepper**. Drizzle plate with as much **remaining balsamic glaze** as you like. Sprinkle with **remaining parsley** and serve.