



AUG
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Chicken Milanese

with Pesto Green Beans and Creamy Parmesan Potatoes

Milanese is a traditional Italian cooking technique involving lots of pounding, breading, and frying. Although we love the result, we're not big fans of the complicated process. So we've simplified (and health-ified) the dish by oven-roasting the chicken and serving it alongside silky potatoes and herby green beans.



Prep: 10 min
Total: 35 min



level 1



nut
free



Chicken
Breasts



Yukon
Potatoes



Green
Beans



Panko
Breadcrumbs



Italian
Seasoning



Sour
Cream



Pesto



Parmesan
Cheese



Garlic

Ingredients

		4 People
Chicken Breasts		24 oz
Yukon Potatoes		24 oz
Green Beans		12 oz
Panko Breadcrumbs	1)2)	½ Cup
Italian Seasoning		1 T
Sour Cream	3)	4 T
Pesto	3)	4 oz
Parmesan Cheese	3)	½ Cup
Garlic		4 Cloves
Milk (optional) *	3)	4 T
Butter*	3)	2 T
Oil*		2 t

*Not Included

Allergens

1) Wheat

2) Soy

3) Milk

Tools

Large pot, Medium pot, Peeler, Shallow dish, Baking sheet, Strainer

Nutrition per person Calories: 651 cal | Fat: 29 g | Sat. Fat: 10 g | Protein: 53 g | Carbs: 45 g | Sugar: 5 g | Sodium: 444 mg | Fiber: 7 g

1



1 Prep: Wash and dry all produce. Preheat the oven to 400 degrees. Bring a large pot of **salted water** to a boil. Bring another medium pot of **salted water** to a boil. Peel and dice the **potatoes** into 1-inch cubes. Trim the **green beans**. Combine the **breadcrumbs** and **Italian seasoning** in a shallow dish. Season with **salt** and **pepper**. Mince the **garlic**.

2



2 Cook the chicken: Brush or rub the **chicken breasts** with a thin layer of **sour cream** on all sides (reserving at least half for the mashed potatoes). Thoroughly coat each **chicken breast** in the **breadcrumb mixture** before placing onto a lightly oiled baking sheet. Place in the oven for about 20 minutes, until juices run clear when pierced with a knife.

4



3 Boil the potatoes: Place the **potatoes** into the large pot of boiling **water**. Boil about 15 minutes, until fork-tender. Drain and return to the same pot.

5



4 Cook the green beans: Place the **green beans** into the medium pot of boiling water. Cook 3-5 minutes, until tender. Drain and return to the same pot. Stir in the **pesto** and season with **salt** and **pepper** to taste. Cover to keep warm until the rest of the meal is ready.

5 Mash the potatoes: Add the **Parmesan cheese**, **garlic**, remaining **sour cream**, **2 Tablespoons butter**, and **4 Tablespoons milk** (if using) into the pot with the drained **potatoes**. Heat on low and mash with a potato masher or fork until smooth. Season generously with **salt** and **pepper**.

6 Finish: Serve the **chicken milanese** alongside the **creamy Parmesan potatoes** and **pesto green beans**. Enjoy!

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