



# LEMON PARSLEY CHICKEN PAILLARD

with Balsamic Burrata, Arugula Salad & Toasted Baguette

PREMIUM PICKS

## 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!



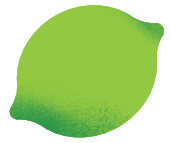
HELLO

PAILLARD

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



PREP: 5 MIN | COOK: 35 MIN | CALORIES: 740



# 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
  - Sugar
  - Butter
  - Cooking oil (1 tsp | 1 tsp)
  - Butter (1 TBSP | 2 TBSP)
  - Contains: Milk
- (2½ TBSP | 4 TBSP) (¼ tsp | ½ tsp)



## 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.



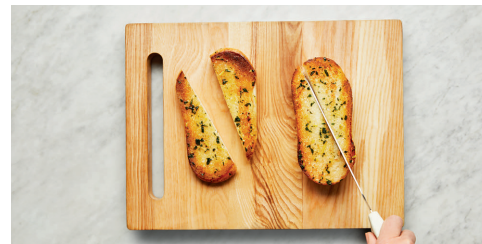
## 3 PREP CHICKEN

- 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.

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\*Chicken is fully cooked when internal temperature reaches 165°.

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