



More than Food

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Chicken Milanese

with Crispy Potatoes, Mixed Greens, and Creamy Lemon-Chive Dressing

Lemon and garlic are the perfect flavor duo in this crispy chicken Milanese. For a light yet hearty meal, we're serving it alongside crispy roasted potatoes and a bright side salad.

35 min

level 1

nut free



Chicken Breast



Yukon Potatoes



Sour Cream



Garlic Powder



Lemon



Chives



Panko Breadcrumbs



Arugula

Ingredients	2 People	4 People
Chicken Breast	12 oz	24 oz
Yukon Potatoes	12 oz	24 oz
Sour Cream	1) 3 T	6 T
Garlic Powder	1 t	2 t
Lemon	1	2
Chives	¼ oz	½ oz
Panko Breadcrumbs	2) 3) ½ C	1 C
Arugula	2 oz	4 oz
Olive Oil*	1 T + 1 t	2 T + 2 t

*Not Included

Allergens

- 1) Milk
- 2) Wheat
- 3) Soy

Tools

Baking Sheet, Large Pan, Medium Bowl, Small Bowl, Shallow Dish, Zester

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 531 cal | Fat: 17 g | Sat. Fat: 4 g | Protein: 47 g | Carbs: 51 g | Sugar: 5 g | Sodium: 209 mg | Fiber: 7 g

Make sure to wash and dry produce before prepping or cooking!



1 Prep and roast the potatoes: Preheat the oven to 400 degrees. Cut the **potatoes** into ½-inch wedges. Mince the **chives**. Zest and halve the **lemon**. Toss the **potatoes** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 25-30 minutes, tossing halfway through cooking, until golden brown.



2 Place the **panko** in a shallow dish with a pinch of **salt** and **pepper**. In a medium bowl, combine the **lemon zest**, **garlic powder**, **2 Tablespoons sour cream**, and a pinch of **salt** and **pepper**.

3 Prep the chicken: Place the **chicken breasts** between two pieces of plastic wrap and pound with a rolling pin, mallet, or a heavy-bottomed pan until ½-inch thick. Season with **salt** and **pepper**, then toss each breast with the **sour cream mixture** to coat. Press the **chicken** into the **panko mixture** to adhere on both sides.



4 Cook the chicken: Heat a drizzle of **oil** in a large pan over medium-high heat. Working in batches, if necessary, add the **chicken** to the pan and cook for 3-4 minutes per side, until golden brown and cooked through.

HINT: If you need to work in batches, you can reheat the cooked chicken in the oven before serving.

5 Make the dressing: In a small bowl, whisk together **1 Tablespoon sour cream**, **1 Tablespoon chives**, a squeeze of **lemon** (about 2 teaspoons) and a large drizzle of **olive oil**. Season with **salt** and **pepper**.



6 Plate: Toss the **arugula** with just enough **dressing** to coat and serve alongside the **chicken Milanese** and **crispy potatoes**. Sprinkle with the **remaining chives** and enjoy!