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Crispy Chicken Milanese

with Roasted Summer Squash, Tomatoes, and Arugula

Panko breadcrumbs and sour cream are the secret to this crispy chicken Milanese. For a light, yet hearty meal, we're serving it alongside sweet roasted squash and a bright side salad.

30 min level 1

nut free



Chicken Breasts



Heirloom Tomatoes



Shallot



Yellow Squash



Lemon



Panko



Sour Cream



Italian Seasoning



Arugula

| Ingredients | 2 People | 4 People |
|-------------------|-----------|----------|
| Chicken Breasts | 12 oz | 24 oz |
| Heirloom Tomatoes | 4 oz | 8 oz |
| Shallot | 1 | 1 |
| Yellow Squash | 1 | 2 |
| Lemon | 1 | 2 |
| Panko | 1) 3) ½ C | 1 C |
| Sour Cream | 2) 4 T | 8 T |
| Italian Seasoning | 1 t | 2 t |
| Arugula | 2 oz | 4 oz |
| Olive Oil* | 5 t | 10 t |

*Not Included

Allergens

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

Tools

Baking Sheet, Shallow Dish, Large Pan, Large Bowl

Ruler

0 in ¼ in ½ in ¾ in 1 in

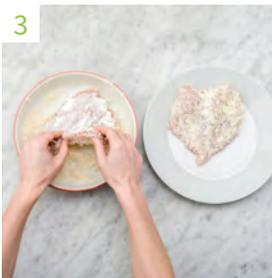
Nutrition per person Calories: 465 cal | Fat: 19g | Sat. Fat: 5g | Protein: 46g | Carbs: 31g | Sugar: 10g | Sodium: 207mg | Fiber: 6g



1 Prep the ingredients: Wash and dry all produce. Preheat the oven to 425 degrees. Halve the **tomatoes**. Halve, peel, and finely chop **1 Tablespoon shallot**. Halve the **lemon** and cut one half into wedges. Slice the **squash** into ¼-inch rounds. Toss the **squash** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 10-15 minutes, flipping halfway through cooking, until golden brown.



2 Butterfly the chicken breasts: Place your hand on top of the **chicken breast** and slice into the middle of the meat, parallel to the cutting board. Open the chicken up like a book. Repeat with the remaining chicken breast.



3 Coat the chicken: Place the **panko** in a shallow dish. Season each **chicken breast** with **Italian seasoning**, **salt**, and **pepper**. Coat each breast with **sour cream** and place into the **panko** to coat on all sides.



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

5 Toss the salad: In a large bowl, combine the chopped **shallot**, the juice of half the **lemon**, and a large drizzle of **olive oil**. Season with **salt** and **pepper**. Toss in the **arugula** and **tomatoes**.

6 Plate and serve: Plate the **arugula salad** and top with the **roasted squash**. Thinly slice the **chicken** and serve on top with a **lemon wedge** for squeezing. Enjoy!