



APR  
2016

## Parmesan-Crusted Chicken

with Balsamic Potato Salad and Garlic-Roasted Tomatoes

Who doesn't love crispy chicken? What we don't love are the extra dishes used in the traditional breading process! We've cut out the mess with a simple breading technique you'll use again and again. A tangy potato salad and sweet, blistered tomatoes complete this weeknight winner.



Prep: 10 min  
Total: 30 min



level 1



nut  
free



Chicken Breasts



Grape Tomatoes



Yukon Potatoes



Garlic



Scallions



Dijon Mustard



Panko Breadcrumbs



Parmesan  
Cheese



Balsamic Vinegar

## Ingredients

	2 People	4 People
Chicken Breast	12 oz	24 oz
Grape Tomatoes	4 oz	8 oz
Yukon Potatoes	12 oz	24 oz
Garlic	2 Cloves	4 Cloves
Scallions	2	4
Dijon Mustard	2 t	4 t
Panko Breadcrumbs	1) ¼ Cup	½ Cup
Parmesan Cheese	2) ¼ Cup	½ Cup
Balsamic Vinegar	1 T	2T
Olive Oil*	5 t	10 t

\*Not Included

## Allergens

1) Wheat

2) Milk

## Tools

Strainer, Pot, Small Bowl, Baking sheet, Large bowl

Ruler

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**Nutrition per person** Calories: 528 cal | Fat: 18 g | Sat. Fat: 4 g | Protein: 49 g | Carbs: 41 g | Sugar: 4 g | Sodium: 508 mg | Fiber: 5 g

2



**1 Boil the potatoes:** **Wash and dry all produce.** Preheat the oven to 400 degrees. Cut the **potatoes** into ½-inch cubes. Place them in a pot with a large pinch of **salt** and enough **water** to cover by 1 inch. Bring to a boil and cook for 10-12 minutes, until fork-tender.

**2 Cook the chicken:** In a small bowl, combine the **panko**, **parmesan**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Place the **chicken breasts** on a lightly oiled baking sheet and season with **salt** and **pepper** on all sides. Spread each chicken breast with **1 teaspoon Dijon mustard**. Divide the **panko mixture** between each chicken breast and press onto the chicken to adhere. Place in the oven for 15-20 minutes, until cooked through and the juices run clear when pierced with a knife.

3



**3 Prep the remaining ingredients:** While the **chicken** cooks, halve the **tomatoes**. Thinly slice the **scallions**, keeping the greens and whites separate. Mince or grate the **garlic**.

4



**4 Cook the tomatoes:** With about 8 minutes left to go on the **chicken**, remove the baking sheet from the oven and toss the **tomatoes** on one side with the **scallion whites**, **garlic**, and a drizzle of **olive oil**. Season with **salt** and **pepper**. Return the baking sheet to the oven for 7-8 minutes, until the tomatoes burst and the chicken finishes cooking.

5



**5 Make the potato salad:** Once the **potatoes** are done, drain and place in a large bowl. Toss with the **scallion greens**, **1 Tablespoon balsamic**, and a large drizzle of **olive oil**. Season with **salt** and **pepper**.

**6 Plate and serve:** Serve the **parmesan-crusted chicken** and **garlic-roasted tomatoes** with the **balsamic potato salad** on the side. Enjoy!

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