



CHICKEN MILANESE

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



HELLO MILANESE

A cooking technique where thin pieces of meat are breaded then fried

PREP: 20 MIN | TOTAL: 30 MIN | CALORIES: 568



Chicken Breast



Mini Yukon Potatoes



Chives



Lemon



Garlic Powder



Panko



Mayonnaise



Sour Cream



Spring Mix

BUST OUT

- Baking Sheet
- Large Non-Stick Pan
- Shallow Dish
- Large Bowl
- Small Bowl
- Measuring Spoons
- Zester
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

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|-----------------------|-------------------|-------------------|
| • Chicken Breast | 1 pkg
(340 g) | 2 pkg
(680 g) |
| • Mini Yukon Potatoes | 1 pkg
(340 g) | 2 pkg
(680 g) |
| • Chives | 1 pkg
(10 g) | 1 pkg
(10 g) |
| • Lemon | 1 | 2 |
| • Garlic Powder | 1 pkg
(1 tsp) | 2 pkg
(2 tsp) |
| • Panko 1 | 1 pkg
(½ cup) | 2 pkg
(1 cup) |
| • Mayonnaise 3 | 3 pkg
(2 tbsp) | 6 pkg
(4 tbsp) |
| • Sour Cream 2 | 1 pkg
(3 tbsp) | 2 pkg
(6 tbsp) |
| • Spring Mix | 1 pkg
(56 g) | 2 pkg
(113 g) |

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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|------------------------|----------------------|
| 0 Seafood/Fruit de Mer | 5 Tree Nut/Noix |
| 1 Wheat/Blé | 6 Mustard/Moutarde |
| 2 Milk/Lait | 7 Peanut/Cacahuète |
| 3 Egg/Oeuf | 8 Sesame/Sésame |
| 4 Soy/Soja | 9 Sulphites/Sulfites |

START STRONG

Preheat the oven to **450°F** (to roast the potatoes). Start prepping when the oven comes up to temperature!



1 ROAST POTATOES

Wash and dry all produce. Cut the **potatoes** into ¼-inch rounds. Toss the potatoes on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, flipping them over halfway through cooking, until the potatoes are golden-brown, 25-28 min.



4 COOK CHICKEN

Heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **chicken**. Sear until golden-brown and cooked through, 4-5 min per side. (Cook in batches if necessary so you don't crowd the pan!) (**TIP:** Cook to a minimum internal temperature of 175°F.) Transfer to a paper towel-lined plate.



2 PREP

Meanwhile, finely chop **2 tbsp chives** (double for 4 people). Zest, then juice the **lemon(s)**. Carefully slice into the centre of each **chicken breast** – parallel to the cutting board – leaving 1-inch intact on the other end. Open up the chicken like a book.



5 MAKE DRESSING

Meanwhile, in a large bowl, whisk together **2 tbsp lemon juice** (double for 4 people), **half the chives**, **sour cream** and a drizzle of **oil**. Season with **salt** and **pepper**. Toss in the **spring mix**.



3 PREP CHICKEN

Pat the **chicken** dry with paper towels. Pour the **panko** into a shallow dish. In a small bowl, combine the **mayo**, **garlic powder** and **lemon zest**. Season with **salt** and **pepper**. Coat the chicken with the **mayo mixture**, then dip both sides in the panko, pressing gently so it sticks. Transfer to a plate.



6 FINISH AND SERVE

Slice the **chicken Milanese**. Divide the chicken and **potatoes** between plates. Serve alongside the **salad**. Sprinkle with **remaining chives**.

CRISPY!

That crispy, golden panko crust is truly worthy of the upper crust.