



CRISPY CHICKEN MILANESE

with Yellow Squash and Arugula



HELLO

CHICKEN MILANESE

Crispy, crusty chicken cutlets, pan-fried to a glorious golden brown

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 430



Heirloom Grape Tomatoes



Lemons



Panko Breadcrumbs
(Contains: Wheat)



Italian Seasoning



Arugula



Shallot



Yellow Squash



Chicken Breasts



Sour Cream
(Contains: Milk)

START STRONG

It's OK if not all the breadcrumbs stick, but do try not to disturb the chicken too much as it cooks. Otherwise, you'll lose some of that crunchy goodness.

BUST OUT

- Shallow dish
- Baking sheet
- Large pan
- Large bowl
- Olive oil (10 tsp)

INGREDIENTS

Ingredient 4-person

- | | |
|---------------------------|--------|
| • Heirloom Grape Tomatoes | 8 oz |
| • Shallot | 1 |
| • Lemons | 2 |
| • Yellow Squash | 2 |
| • Panko Breadcrumbs | 1 Cup |
| • Chicken Breasts | 24 oz |
| • Italian Seasoning | 2 tsp |
| • Sour Cream | 8 TBSP |
| • Arugula | 4 oz |

HELLO WINE



PAIR WITH

Little Pioneer South Eastern
Australia Chardonnay, 2016

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 425 degrees. Halve **tomatoes** lengthwise. Halve, peel, and finely chop **shallot** until you have 2 TBSP. Halve one **lemon**. Cut other lemon into wedges. Slice **squash** crosswise into ¼-inch-thick rounds. Place **panko** in a shallow dish.



4 COOK CHICKEN

Heat **4 tsp olive oil** in a large pan over medium-high heat. Add **chicken** and cook until no longer pink in center, 3-4 minutes per side. **TIP:** If your pan isn't large enough to hold all of the chicken, heat up a second pan.



2 ROAST SQUASH

Toss **squash**, a large drizzle of **olive oil**, and a pinch of **salt** and **pepper** on a baking sheet. Roast in oven until lightly browned, 20-25 minutes, flipping halfway through.



5 TOSS SALAD

Place **shallot**, **juice** from one lemon, and **4 tsp olive oil** in a large bowl. Whisk to combine. Season with **salt** and **pepper**. Add **arugula** and **tomatoes** and toss to coat in dressing.



KIDS CAN HELP!



3 BUTTERFLY CHICKEN

With your hand on one **chicken breast**, cut ¾ of the way through center, parallel to cutting board, stopping before you slice through. Repeat with remaining chicken. Open each up and season all over with **salt**, **pepper**, and **Italian seasoning**. Brush with **sour cream**, then press into **panko** in dish to coat all over.



6 PLATE AND SERVE

Thinly slice **chicken**. Divide **salad** between plates. Top with **squash** and chicken. Serve with **lemon wedges** to the side for squeezing over.

DELIZIOSO!

An Italian classic gets a lighter, brighter twist with all those yummy veggies.

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