



PISTACHIO PANGRATTATO CHICKEN

with Green Bean Salad and Mustard Vinaigrette

PRONTO



HELLO

PANGRATTATO

Is *Italian* for bread crumbs! We've added an extra crunch to ours with toasted pistachios

PREP: 10 MIN

TOTAL: 30 MIN

CALORIES: 473



Chicken Breasts



Pistachios



Panko Breadcrumbs



Green Beans, trimmed



Mini Cucumber



Red Onion, sliced



Dijon Mustard



Red Wine Vinegar



Spring Mix

BUST OUT

- Aluminum Foil
- Small Bowl
- Large Bowl
- Whisk
- Measuring Spoons
- Sugar (1 tsp | 2 tsp)
- Large Non-Stick Pan
- Salt and Pepper
- Paper Towel
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Breasts 340 g | 680 g
- Pistachios 5,9 25 g | 50 g
- Panko Breadcrumbs 1 ½ cup | 1 cup
- Green Beans, trimmed 170 g | 340 g
- Mini Cucumber 132 g | 264 g
- Red Onion, sliced 56 g | 113 g
- Dijon Mustard 6,9 1¼ tsp | 2½ tsp
- Red Wine Vinegar 9 1 tbsp | 2 tbsp
- Spring Mix 113 g | 227 g

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

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

* Laver et sécher tous les aliments.

** Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

For quick and easy prep: if you have a food processor, use it to finely chop the nuts.



1 PREP Wash and dry all produce.* Cut the cucumbers in half, lengthwise, then into ½-inch thick half moons. Cut the green beans into 1-inch pieces. Finely chop the pistachios. In a large bowl, whisk together the mustard, 1 tbsp vinegar (dbl for 4 ppl), 2 tbsp oil (dbl for 4 ppl) and 1 tsp sugar (dbl for 4 ppl). Set aside.



4 COOK BEANS When the chicken is cooked through, transfer to a plate and cover with foil to keep warm. Increase the heat to medium-high. Add 1 tbsp oil (dbl for 4 ppl), then the beans and onions. Season with salt and pepper. Cook, stirring occasionally, until the beans are bright green and blistered, 4-5 min.



2 MAKE PANGRATTATO Heat a large non-stick pan over medium heat. Add pistachios and panko to the dry pan. Toast, stirring occasionally, until panko is golden-brown, 4-5 min. (TIP: Keep your eye on them so they don't burn!) Remove pan from heat and transfer pangrattato mixture to a small bowl. Add 2 tsp oil (dbl for 4 ppl) and stir together. Carefully wipe pan clean.



5 MAKE SALAD Add the blistered beans, onions and cucumbers to the large bowl with the dressing. Toss to combine. Set aside.



3 COOK CHICKEN Pat chicken dry with paper towels. Season with salt and pepper. Heat the same pan over medium heat. Add 1 tbsp oil (dbl for 4 ppl), then chicken. Cook until bottom is lightly golden, 6-7 min. Flip, cover and reduce heat to medium-low. Cook until chicken is golden and cooked through, 7-8 min. (TIP: Cook to a min. internal temp. of 74°C/165°F, as size may vary.**)



6 FINISH AND SERVE Thinly slice the chicken. Add the spring mix to the large bowl with the beans and toss together. Divide the salad between the plates and top with the chicken. Sprinkle over the pistachio pangrattato.

SPRINKLE

Sprinkle some pangrattato over your salad for an extra crunchy bite!