



NOV  
2016

## Crispy Chicken Milanese

with Roasted Butternut Squash and Tomatoes

The secret to perfect chicken Milanese is butterflying the meat. Not only does this technique reduce cook time, but it also allows the panko and sour cream breading to coat a larger surface area. Try not to slice all the way through the chicken breast, but if you do, don't sweat it! We promise it will be just as delicious!



Prep: 10 min  
Total: 30 min



level 1



nut  
free



Heirloom Grape  
Tomatoes



Shallot



Lemon



Butternut  
Squash



Chicken  
Breasts



Panko  
Breadcrumbs



Italian  
Seasoning



Sour  
Cream



Spring  
Mix

## Ingredients

		4 People
Heirloom Grape Tomatoes		8 oz
Shallot		1
Lemon		1
Butternut Squash		24 oz
Chicken Breasts		24 oz
Panko Breadcrumbs	1)	1 Cup
Italian Seasoning		1 tsp
Sour Cream	2)	8 TBSP
Spring Mix		8 oz
Butter*	2)	2 TBSP
Olive Oil*		2 TBSP

\*Not Included

## Allergens

1) Wheat

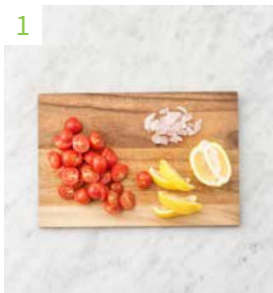
2) Milk

## Tools

Baking sheet, Shallow dish,

Large pan, Large bowl

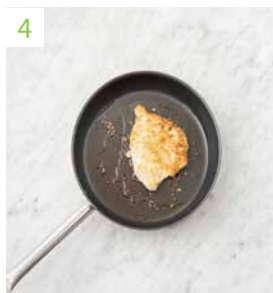
**Nutrition per person** Calories: 524 cal | Fat: 21 g | Sat. Fat: 8 g | Protein: 46 g | Carbs: 42 g | Sugar: 9 g | Sodium: 212 mg | Fiber: 7 g



**1 Prep ingredients and roast the squash:** **Wash and dry all produce.** Preheat oven to 425 degrees. Take **butter** out of fridge and bring to room temperature. Halve **tomatoes**. Halve, peel, and finely chop **2 TBSP shallots**. Halve **lemon**. Cut one half into wedges. Toss **butternut squash** on a baking sheet with a large drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast about 12 minutes, toss, then finish roasting until golden brown, another 12-13 minutes.



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



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

**4 Cook the chicken:** Heat a large drizzle of **olive oil** and **2 TBSP butter** in a large pan over medium-high heat. Working in batches, add **chicken** to pan. Cook until no longer pink in the middle, 3-4 minutes per side.



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

**6 Plate and serve:** Plate **salad** and top with **roasted squash**. Thinly slice **chicken**, place on top, and finish with a squeeze of **lemon**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

