



# CRISPY CHICKEN MILANESE

with Yellow Squash and Lemony Arugula



**HELLO**  
**CHICKEN MILANESE**  
 Crispy, crusty chicken cutlets,  
 pan-fried to a glorious golden brown

**PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 460**



Heirloom Grape Tomatoes



Lemon



Panko Breadcrumbs  
 (Contains: Wheat)



Italian Seasoning



Arugula



Shallot



Yellow Squash



Chicken Breasts



Sour Cream  
 (Contains: Milk)

## START STRONG

It's OK if not all of the bread-crumbs 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 (5 tsp | 10 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- Heirloom Grape Tomatoes 4 oz | 8 oz
- Shallot 1 | 1
- Lemon 1 | 2
- Yellow Squash 1 | 2
- Panko Breadcrumbs ½ Cup | 1 Cup
- Chicken Breasts 12 oz | 24 oz
- Italian Seasoning 1 tsp | 2 tsp
- Sour Cream 4 TBSP | 8 TBSP
- Arugula 2 oz | 4 oz

## HELLO 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 1 TBSP. Halve lemon. Cut one half into wedges. Slice squash crosswise into ¼-inch-thick rounds. Place **panko** in a shallow dish.



## 4 COOK CHICKEN

Heat a large drizzle of **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.



## 2 ROAST SQUASH

Toss **squash**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** on a baking sheet. Roast in oven until lightly browned, 10-15 minutes, flipping halfway through.



## 5 MAKE SALAD

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



## 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 other breast. 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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