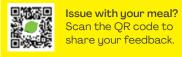


Cheesy Chicken Milanese

with Crisp Apple Salad

Family Friendly 35 Minutes







Chicken Breasts



Mayonnaise



Italian Breadcrumbs

White Cheddar

Cheese, shredded

Baby Spinach





Gala Apple



White Wine Vinegar

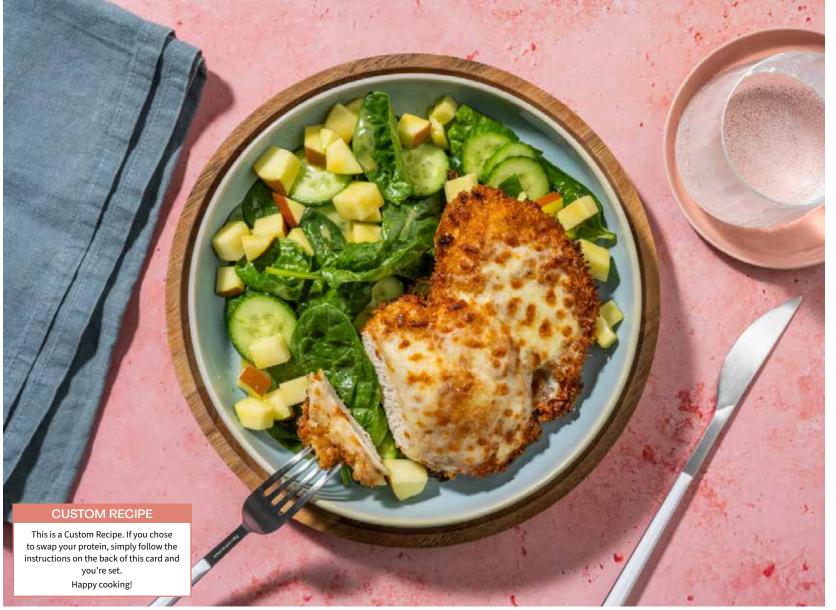




Dijon Mustard



Mini Cucumber



HELLO CHICKEN MILANESE

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Measurements 1 tbsp (2 tbsp) oil within steps

Bust out

Baking sheet, measuring spoons, shallow dish, aluminum foil, large bowl, whisk, large non-stick pan, paper towels

Ingredients

ingi calcino		
	2 Person	4 Person
Chicken Breasts •	2	4
Chicken Thighs •	280 g	560 g
Mayonnaise	2 tbsp	4 tbsp
Italian Breadcrumbs	⅓ cup	½ cup
Gala Apple	1	2
White Cheddar Cheese, shredded	½ cup	1 cup
White Wine Vinegar	1 tbsp	2 tbsp
Baby Spinach	56 g	113 g
Dijon Mustard	1 ½ tsp	3 tsp
Mini Cucumber	66 g	132 g
Sugar*	1 tsp	2 tsp
Oil*		

Salt and Pepper*

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.
- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.





Prep salad

- Core, then cut **apple** into ½-inch pieces.
- Whisk together **Dijon**, **vinegar**,
- 1 tsp (2 tsp) sugar and 2 tbsp (4 tbsp) oil in a large bowl. Season with **salt**.
- Add apples, then toss to coat. Set aside.



Prep chicken

- Pat chicken dry with paper towels.
- · Carefully slice into the centre of each chicken breast, lengthwise and parallel to the cutting board, leaving ½ inch intact on the other end.
- Open up chicken like a book. Season both sides with salt and pepper.
- Pour breadcrumbs into a shallow dish.
- Coat **chicken** all over with **mayo**. Working with **one chicken breast** at a time, press both sides into **breadcrumbs** to coat completely.

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken** breasts. Disregard instructions to slice chicken



Pan-fry chicken

- · Heat a large non-stick pan over medium heat.
- When hot, add 2 tbsp (4 tbsp) oil, then **chicken**. (NOTE: Don't overcrowd the pan; cook in batches for 4 ppl.) Pan-fry on one side until golden-brown, 4-5 min.
- Flip chicken, then add 1 tbsp (2 tbsp) oil. Pan-fry until golden-brown, 4-5 min.
- Transfer to a foil-lined baking sheet.



Broil chicken

- Sprinkle cheese over chicken.
- Broil in the **middle** of the oven, until **cheese** is golden and chicken is cooked through, 2-3 min.**



Toss salad

- · Meanwhile, cut cucumber into 1/4-inch rounds.
- Add spinach and cucumbers to the bowl with apples, then toss to combine.



Finish and serve

• Divide cheesy chicken Milanese and crisp apple salad between plates.

Dinner Solved!