



Cheesy Chicken Milanese

with Crisp Apple Salad

35 Minutes



Chicken Breasts



Mayonnaise



Panko Breadcrumbs



Gala Apple



Aged White Cheddar
Cheese, shredded



White Wine
Vinegar



Spring Mix



Dijon Mustard



Baby Tomatoes

HELLO CHICKEN MILANESE

A breaded chicken cutlet that is pan-fried!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Mayonnaise	2 tbsp	4 tbsp
Panko Breadcrumbs	½ cup	1 cup
Gala Apple	1	2
Aged White Cheddar Cheese, shredded	½ cup	1 cup
White Wine Vinegar	1 tbsp	2 tbsp
Spring Mix	56 g	113 g
Dijon Mustard	1 ½ tsp	3 tsp
Baby Tomatoes	113 g	227 g
Sugar*	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

♦ 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 our meal kit labels for the most current allergen information.

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

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Prep salad

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



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.**



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 **panko** into a shallow dish. Coat **chicken** all over with **mayo**. Working with **one chicken breast** at a time, press **each breast** into **panko** to coat completely.



Toss salad

While **chicken** broils, halve **tomatoes**. Add **spring mix** and **tomatoes** to the bowl with **apples**, then toss to combine.



Pan-fry chicken

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



Finish and serve

Divide **chicken Milanese** and **salad** between plates.

Dinner Solved!