



Cheesy Chicken Milanese

with Crisp Apple Salad

35 Minutes



Chicken Breasts



Mayonnaise



Italian Breadcrumbs



Gala Apple



White Cheddar
Cheese, shredded



White Wine Vinegar



Baby Spinach



Dijon Mustard



Roma Tomato



Scan the QR code to
download our app.

HELLO CHICKEN MILANESE

A breaded chicken cutlet that is pan-fried!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Mayonnaise	2 tbsp	4 tbsp
Italian Breadcrumbs	¼ 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
Roma Tomato	80 g	160 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.

Contact

Call us | (855) 272-7002

HelloFresh.ca

    @HelloFreshCA



1 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.



4 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.**



2 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.



5 Toss salad

- Meanwhile, cut **tomato** into ¼-inch pieces.
- Add **spinach** and **tomatoes** to the bowl with **apples**, then toss to combine.



3 Pan-fry chicken

- Heat a large non-stick pan over medium heat.
- When hot, add **2 tbsp oil** (dbl for 4 ppl), 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 oil** (dbl for 4 ppl). Pan-fry until golden-brown, 4-5 min.
- Transfer **chicken** to a foil-lined baking sheet.



6 Finish and serve

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

Dinner Solved!