



# Cheesy Chicken Milanese

with Crisp Apple Salad

Family Friendly

35 Minutes



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Chicken Breasts



Chicken Thighs



Mayonnaise



Italian Breadcrumbs



Gala Apple



White Cheddar  
Cheese, shredded



White Wine Vinegar



Baby Spinach



Dijon Mustard



Mini Cucumber

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!

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.

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** (Ingredient)

## 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
Chicken Thighs ♦	280 g	560 g
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
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.*

1



### 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.

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.

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** in half.

3



### 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.

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.\*\*

5



### Toss salad

- Meanwhile, cut **cucumber** into ¼-inch rounds.
- Add **spinach** and **cucumbers** to the bowl with **apples**, then toss to combine.

6



### Finish and serve

- Divide **cheesy chicken Milanese** and **crisp apple salad** between plates.

**Dinner Solved!**



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