



CHICKEN MILANESE

 45 minutes

Meal Difficulty

 Serves 2



COOKING DIRECTIONS

- 1 In a small bowl, whisk together lemon zest, lemon juice, and whole grain Dijon mustard. Slowly stream in olive oil until emulsified. Season with salt and pepper; reserve.
- 2 Place chicken in a zip-top bag or between two layers of plastic wrap. Gently but firmly pound to an even 1/4-inch thickness using the flat side of a meat mallet.
- 3 Set up your dredging station: whisk together flour, salt, and pepper and spread onto a large plate or a wide shallow dish. Beat egg with a fork and pour onto another plate or wide shallow dish. Finally, stir together panko and parmesan and spread onto a third plate or wide shallow dish.
- 4 Place one of the pounded chicken breasts in the flour mixture, pressing to coat on all sides. Shake off excess flour, then coat both sides in beaten egg. Finally, transfer to the panko mixture and press to coat thoroughly on all sides. Repeat with the second chicken breast.
- 5 Heat oil in the Farmhouse Skillet over medium heat. When oil is warm, add butter and swirl until melted and the foam subsides. Add chicken and cook, flipping once, until golden brown and crunchy and just cooked through (~150°F on an instant-read thermometer), about 3 minutes per side. Place on a dinner plate and sprinkle with sea salt.
- 6 Combine arugula, olives, and oranges in a small bowl and dress with 1-2 tablespoons of the lemon dressing. Drizzle a little more lemon dressing onto each piece of chicken, then mound the salad generously over the top. Top with grated parmesan cheese and serve immediately.

INGREDIENTS

CHICKEN

2 boneless skinless chicken breasts, about 7-8 oz each

1/3 c all-purpose flour

1 tsp coarse kosher salt

1/2 tsp freshly ground black pepper

1 c panko

1/4 c grated parmesan

1 large egg, beaten

2 tbsp grapeseed or canola oil

2 tbsp unsalted butter

fine sea salt, to taste

grated parmesan, to serve

SALAD

1 tsp lemon zest

2 tbsp freshly squeezed lemon juice

1 tsp whole grain dijon mustard

1/4 c good extra-virgin olive oil

1/2 tsp ground black pepper, to taste

2 c arugula

1/4 c sliced Castelvetrano olives

1 orange, segmented