



In your box

- 2 oz. Mayonnaise
- 1 Lemon
- 1 Roma Tomato
- 1 Shallot
- 13 oz. Boneless Skinless Chicken Breasts
- ½ oz. Sliced Almonds
- 6 fl. oz. Canola Oil
- 2 oz. Flour
- 1 cup Panko Breadcrumbs
- 5 oz. Baby Spinach



Chicken Milanese

with lemon aioli and spinach-almond salad

NUTRITION per serving—Calories: 856, Carbohydrates: 46g, Fat: 54g, Protein: 46g, Sodium: 1765mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
5 days

Difficulty Level ● ● ● ●
Expert

Spice Level 🌶️ 🌶️ 🌶️
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper

Baking Sheet, Medium Non-Stick Pan, 3 Mixing Bowls

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil
- Ingredient(s) used more than once: **mayonnaise**



1

Prepare the Ingredients

- Zest and halve **lemon**. Cut one half into two wedges and juice other half.
- Core **tomato** and cut 1" dice.
- Peel and slice **shallot** into very thin rounds.



2

Pound Chicken and Toast Almonds

- Cover **chicken breasts** with plastic wrap and pound to an even 1/8" thickness. Season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat. Add **almonds** and toast until lightly browned, 2-3 minutes.
- Remove almonds to a plate.
- Wipe pan clean and reserve.



3

Coat the Chicken Breasts

- Return pan used to toast almonds to medium-high heat. Add **canola oil**.
- Place **flour** in a mixing bowl. Combine half the **mayonnaise** (reserve remaining for lemon aioli), 2 tsp. **water**, and a pinch of **salt** and **pepper** in another mixing bowl. Place **panko** in a third mixing bowl.
- Coat **chicken** completely in flour, shaking off excess. Next, coat chicken completely in mayonnaise-water mixture. Season chicken breasts on both sides with 1/4 tsp. salt and a pinch of pepper. Coat chicken completely in panko.
- Set breaded chicken on a plate.



4

Fry the Chicken

- Test oil temperature by adding a pinch of **panko** to pan. It should sizzle gently. If it browns immediately, turn heat down and let **oil** cool slightly. If it doesn't brown, increase heat.
- Add one **chicken breast** and cook until golden, 3 minutes. Flip, and cook 3 minutes. Flip again, and cook 1 minute.
- Transfer to prepared baking sheet. Repeat with second chicken breast.
- Roast in hot oven until thickest part of chicken reaches a minimum internal temperature of 165 degrees, 3-5 minutes.
- While chicken bakes, make salad.



5

Make Salad and Lemon Aioli

- Wash clean two bowls used for breading (discarding panko, mayonnaise-water mixture, and flour).
- To a large washed mixing bowl, combine 2 Tbsp. **olive oil**, 1 1/2 Tbsp. **lemon juice**, and **salt** and **pepper** to taste. Add **spinach**, **tomatoes**, **shallot** (to taste), **almonds**, and toss.
- Combine remaining **mayonnaise**, 1 tsp. **lemon zest**, and a pinch of pepper in another washed bowl.
- Plate dish as pictured on front of card, garnishing with **lemon wedges** and serving **lemon aioli** on the side. Bon appétit!