Chicken Milanesa Sandwich
with sweet potato fries

In your box
½ oz. Baby Arugula
14 oz. Sweet Potato
1 Roma Tomato
2 Boneless Skinless Chicken Breasts
1 fl. oz. Liquid Egg
1 cup Panko Breadcrumbs
1 oz. Mayonnaise
2 Buns

CONTAINS eggs, wheat, soy

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NUTRITION per serving–Calories: 855, Carbohydrates: 99g, Fat: 38g, Protein: 52g, Sodium: 1624mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
5 days

Difficulty Level
Intermediate

Spice Level
Not Spicy
You will need
Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Large Non-Stick Pan, Mixing Bowl

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 450 degrees
☐ Thoroughly rinse produce and pat dry
☐ Prepare a baking sheet with foil and cooking spray

Prepare the Ingredients
• Peel and slice sweet potato into ½” fries.
• Core tomato and cut into thin rounds.
• Pat chicken breasts dry.

Fry the Chicken
• Line a plate with a paper towel.
• Place a large non-stick pan over medium heat and add 2½ Tbsp. olive oil.
• Add chicken to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 3-5 minutes per side.
• If panko browns immediately, turn heat down and let oil cool.
• Remove to towel-lined plate.

Roast the Sweet Potato Fries
• Place sweet potato on prepared baking sheet and drizzle with ½ tsp. olive oil. Massage oil into fries, then spread into a single layer. Roast 15 minutes.
• Flip fries, then roast until browned, 8-10 minutes.
• Season with ¼ tsp. salt.
• While fries roast, prepare chicken.

Prepare the Chicken
• Cover chicken breasts with plastic wrap, and, using a heavy object, gently tap to an even 1/8” thickness.
• Pour liquid egg on a plate or bowl. Place panko onto a second plate.
• Add chicken to liquid egg, flipping to fully coat.
• Sprinkle chicken on both sides with a pinch of salt and pepper.
• Place chicken on panko plate, and coat evenly, gently pressing panko to adhere.

Toast the Buns
• Place buns directly on oven rack and toast, 2-4 minutes.
• Plate dish as pictured on front of card, topping bottom bun with mayo, chicken, tomato, and arugula. Bon appétit!