



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



Chicken Milanese Sandwich

with sweet potato fries

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



1

Prepare the Ingredients

- Peel and slice **sweet potato** into ½” fries.
- Core **tomato** and cut into thin rounds.
- Pat **chicken breasts** dry.



2

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.



3

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.



4

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.



5

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!