







More Than Food
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Chicken Milanese with Roasted New Potatoes and Chives

We tried sending out eggs once and it caused our operations guru Luke a whole world of scrambled trouble! When Luke saw Milanese on the menu his little face dropped at the thought of an egg wash for the breadcrumbs, but Patrick turned his frown upside down by using sour cream! If you've got ideas for future egg padding let us know!



40 mins



family box



healthy



New Potatoes (2 packs)



Chicken Breast (4)



Sour Cream (1 pot)



Garlic Salt (1 tsp)



Lemon (1)



Panko Breadcrumbs (2 packs)



Chives (1 bunch)



Salad Leaves (2 bags)

4 PEOPLE INGREDIENTS

- New Potatoes, halved
- Chicken Breast
- Sour Cream
- Garlic Salt

2 packs
4
1 pot
1 tsp

- Lemon
- Panko Breadcrumbs
- Chives
- Salad Leaves

1
2 packs
1 bunch
2 bags



Our fruit and veggies may need a little wash before cooking!

Did you know...

A typical Milanese consists of a thin slice of meat, dipped into beaten egg and breadcrumbs then fried.

Allergens: Milk, Gluten.

Nutritional Value per total cooked weight per person

| | Energy | Fat | Sat. Fat | Carbs | Sugar | Protein | Salt |
|-------------|--------------------|------|----------|-------|-------|---------|------|
| Per serving | 571 kcal / 2394 kJ | 24 g | 7 g | 51 g | 3 g | 39 g | 0 g |

2



1 Pre-heat your oven to 200 degrees. Wash the **new potatoes** before chopping in half lengthways and placing on a baking tray. Coat in a drizzle of **olive oil** and sprinkle over a pinch of **salt** and a few good grinds of **black pepper**. Cook on the top shelf of your oven for around 25 mins or until soft enough to eat.

4



2 Sandwich each **chicken breast** between two pieces of clingfilm (if you have some). Bash the **chicken** with a rolling pin until it is ½cm thick all over. **Tip:** *If you don't have a rolling pin you can improvise with a heavy saucepan/cricket bat etc.*

3 Pour most of the **sour cream** (saving 1 tbsp) into a bowl and mix in the **garlic salt** and some **black pepper**. Grate the zest of the **lemon** into the **sour cream** and mix well. Pour the **breadcrumbs** into another bowl by themselves. Thoroughly coat each flattened **chicken breast** in the **sour cream** mix.

4 Put each **chicken breast** into the bowl of **breadcrumbs** and thoroughly coat them. **Tip:** *Push the breadcrumbs onto the chicken with a little pressure to make sure they stick.*

5 Heat a splash of **olive oil** on medium-high heat in a non-stick frying pan. Carefully place your **chicken breast** into the pan.

6



6 Cook the **chicken breast** for around 4 mins on each side. Once cooked, the **breadcrumbs** should be golden and the **chicken** should no longer be pink in the middle. **Tip:** *Once you place the chicken in the pan, resist the temptation to move it around.* **Tip:** *If you need to do them in batches you can always put them in your oven to keep warm.*

7 Make a dressing with your remaining **sour cream**, the juice of the **lemon** (depending on how citrusy you like it) and a splash of **olive oil**. Snip a sprinkling of **chives** into the dressing as well. Mix really thoroughly with a pinch of **salt** and a few grinds of **black pepper**.

7



8 Gently toss the **salad leaves** in a bit of your dressing (adjust according to taste but don't drown the salad!). Snip the rest of the **chives** over your **potatoes** and serve everything straight away. Delish!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!