CHICKEN MILANESE with a Parmesan Cream Sauce

ELEVATE CHICKEN WITH A CRISPY PANKO BREADING AND THIS CREAMY, DREAMY SAUCE! This recipe is surprisingly easy for the level of flavor that it delivers. Dinner is served!

INGREDIENTS

CHICKEN MILANESE WITH A PARMESAN CREAM SAUCE

Serves 4

Chicken Milanese Ingredients:
4 thinly-sliced pieces of chicken breast
2 eggs
1/2 cup Panko breadcrumbs
1 teaspoon dried oregano
1/2 teaspoon garlic powder
1/8 cup olive oil, for pan frying
4 tablespoons butter, for pan frying

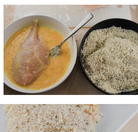
Parmesan Cream Sauce Ingredients:
1/4 cup butter
2 tablespoons all-purpose flour
1 cup heavy cream
1/2 cup whole milk
1/2 cup finely grated Parmesan cheese
salt and pepper, to taste

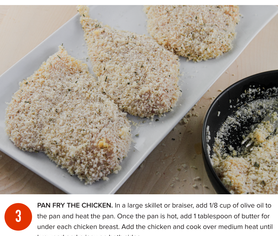
Arugula Side Salad:
1/4 cup olive oil
2 tablespoons fresh lemon juice
1 teaspoon Dijon mustard
salt and pepper, to taste
4 oz arugula
2 oz Parmesan cheese, shaved
8 oz cherry tomatoes, quartered

DIRECTIONS

1 **FLATTEN THE CHICKEN.** If the chicken is uneven in thickness, pound to an even thickness for more even cooking. Cover the chicken in plastic wrap, or place in a plastic bag and pound with a meat pounder or rolling pin until the breast is an even thickness (about 1/2-inch).

2 **BREAD THE CHICKEN.** Whisk the eggs in a shallow bowl. Mix the Panko breadcrumbs, oregano, garlic powder, and grated Parmesan cheese in separate shallow bowl.
Dip each flattened chicken breast first into the eggs, then into the breadcrumb mixture. Spoon the breadcrumbs on top of the chicken until well-coated on both sides. Set aside on a plate until ready to cook.

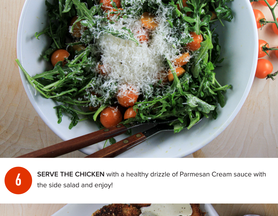




3 **PAN FRY THE CHICKEN.** In a large skillet or braiser, add 1/8 cup of olive oil to the pan and heat the pan. Once the pan is hot, add 1 tablespoon of butter for under each chicken breast. Add the chicken and cook over medium heat until browned and crispy on both sides.
Turn the heat down slightly, and continue cooking the chicken until the internal temperature reaches 165 degrees F. Depending on the size of your pan, work in batches so that the chicken has plenty of room to cook without touching any other piece and risk losing the breading.

4 **MEANWHILE, PREPARE THE PARMESAN CREAM SAUCE.** In a saucepan, melt the butter. Whisk in the flour and stir until golden brown, about 2 minutes. Turn heat to medium, and add the heavy cream and whisk together, add the whole milk and continue whisking until thickened. Just before serving, add in the Parmesan cheese, salt, and pepper and whisk together.

5 **PREPARE THE SIDE SALAD** by whisking together the dressing ingredients and tossing with the arugula.
Top the salad with the Parmesan cheese and tomatoes.



6 **SERVE THE CHICKEN** with a healthy drizzle of Parmesan Cream sauce with the side salad and enjoy!

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